

# Let's see what's for lunch...

Week 1

Monday	<b>Main Meals</b>	Spinach & Pepper Pizza (G,SO,MK,e) V	<b>Vegetables</b>	Sweetcorn Ve
		Margherita Pizza (G,SO,MK,e) V	<b>Dessert</b>	Chocolate Rice Krispie Cake (G) V
		Jacket Potato with Baked Beans Ve		
Tuesday	<b>Main Meals</b>	Lamb & Potato Keema (g) with Yellow Rice	<b>Vegetables</b>	Peas Ve
		Halal Lamb & Potato Keema (g) with Yellow Rice	<b>Dessert</b>	Carrot Cake (G,E) V
		Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve		
		Pasta (G) with Roasted Tomato & Basil Sauce Ve		
Wednesday	<b>Main Meals</b>	Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b>	Seasonal Greens Ve
		Halal Roast Chicken with Roast Potatoes & Gravy	<b>Dessert</b>	Vanilla Ice Cream (MK) V
		Macaroni & Cheese (G,MK) V		
		Jacket Potato with Salmon Mayonnaise (E,F)		
Thursday	<b>Main Meals</b>	Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	<b>Vegetables</b>	Steamed Carrots Ve
		Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	<b>Dessert</b>	Maryland Cookie (G,mk) V
		Vegetable Pasta Bake (G,MK,C) V		
		Jacket Potato with Cheese (MK) V		
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans Ve
		Vegetable & Bean Chimichangas (G,MK,C) V	<b>Dessert</b>	Chocolate & Courgette Sponge (G,E) V
		Pasta (G) with Cheese Sauce (G,MK) V		

## Freshly Baked Bread:

Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

## Week 1:

20<sup>th</sup> February, 13<sup>th</sup> March, 3<sup>rd</sup> April, 24<sup>th</sup> April, 15<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June, 17<sup>th</sup> July, 28<sup>th</sup> August, 18<sup>th</sup> September, 9<sup>th</sup> October

## Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

Available Every Day:  
Fresh Fruit Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

Monday	<b>Main Meals</b>	Chicken Burger in a Bun (G,se)	<b>Vegetables</b>	Carrot Sticks Ve
		Halal Chicken Burger in a Bun (G,se)	<b>Dessert</b>	Lemon Drizzle Sponge (G,E) V
		Vegetable Burger (G) in a Bun (G,se) Ve		
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve		
Tuesday	<b>Main Meals</b>	Lamb Lasagne (G,MK,e)	<b>Vegetables</b>	Sweetcorn Ve
		Halal Lamb Lasagne (G,MK,e)	<b>Dessert</b>	Flapjack (G) Ve
		Chunky Vegetable Dhal (C,g) with Rice Ve		
		Jacket Potato with Cheese (MK) V		
Wednesday	<b>Main Meals</b>	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b>	Broccoli Ve
		Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	<b>Dessert</b>	Orange Shortbread Biscuit (G) Ve
		Ratatouille Pasta Bake (G) Ve		
		Jacket Potato with Baked Beans Ve		
Thursday	<b>Main Meals</b>	Chicken Biryani (MU,g)	<b>Vegetables</b>	Peas Ve
		Halal Chicken Biryani (MU,g)	<b>Dessert</b>	Apple Crumble (G) Ve with Custard (MK) V
		Vegetable Biryani (MU,g) Ve		
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve		
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans Ve
		Spiced Squash & Spinach Samosa (G) Ve	<b>Dessert</b>	Apple & Parsnip Cake (G,E) V
		Pasta (G) with Cheese Sauce (G,MK) V		

## Freshly Baked Bread:

Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

## Week 2:

27<sup>th</sup> February, 20<sup>th</sup> March, 10<sup>th</sup> April, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> October



Week 3

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians

Monday	<b>Main Meals</b>	Chicken & Vegetable Pie (G) with Mashed Potato & Gravy	<b>Vegetables</b>	Peas Ve
		Halal Chicken & Vegetable Pie (G) with Mashed Potato & Gravy	<b>Dessert</b>	Apple & Carrot Flapjack (G) Ve
		Vegan Sausages (G) with Mashed Potato & Gravy Ve		
		Pasta (G) with Cheese Sauce (G,MK) V		
Tuesday	<b>Main Meals</b>	Lamb Bolognese (g) with Spaghetti (G)	<b>Vegetables</b>	Steamed Carrots Ve
		Halal Lamb Bolognese (g) with Spaghetti (G)	<b>Dessert</b>	Chocolate & Beetroot Brownie (G,E) V
		Vegan Bolognese (SO,g) with Spaghetti (G) Ve		
		Jacket Potato with Cheese (MK) V		
Wednesday	<b>Main Meals</b>	Sticky Glazed Chicken	<b>Vegetables</b>	Spicy Potato Wedges Ve & Coleslaw (E) V
		Halal Sticky Glazed Chicken	<b>Dessert</b>	Cherry Cornflake Cake (G,SU) V
		Margherita Pizza (G,SO,MK,e) V		
		Pasta (G) with Tomato & Basil Sauce (g) Ve		
Thursday	<b>Main Meals</b>	Chicken Tikka Masala (MU) & Rice	<b>Vegetables</b>	Sweetcorn Ve
		Halal Chicken Tikka Masala (MU) & Rice	<b>Dessert</b>	Vanilla Ice Cream (MK) V
		Vegetable Pasanda (MU) with Rice Ve		
		Jacket Potato with Baked Beans Ve		
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans Ve
		Vegetable & Bean Stuffed Pitta Pocket (G) Ve	<b>Dessert</b>	Chocolate Shortbread Biscuit (G) Ve
		Pasta (G) with Tomato & Lentil Sauce (C,g) Ve		

## Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

## Week 3:

6<sup>th</sup> March, 27<sup>th</sup> March, 17<sup>th</sup> April, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July, 11<sup>th</sup> September, 2<sup>nd</sup> October

Allergen Key -  
CAPITAL LETTERS = contains, lower case = may contain  
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM3 Halal Non Cranford  
February 2023  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD