

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

Week 1

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

Week 1:

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

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

Week 2:

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

## Made Fresh Every Day

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Week 3

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

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

Week 3:

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  
June 2023  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD