

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

Week 1

	Main Meals	Vegetables	Dessert
Monday	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	Sweetcorn Ve	Chocolate Rice Krispie Cake (G) V
Tuesday	Lamb Lasagne (G,MK,e) Halal Lamb Lasagne (G,MK,e) Vegan Bolognese (SO,g) with Spaghetti (G) Ve Pasta (G) with Roasted Tomato & Basil Sauce Ve	Peas Ve	Carrot Cake (G,E) V
Wednesday	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)	Seasonal Greens Ve	Vanilla Ice Cream (MK) V
Thursday	Chicken & Vegetable Chow Mein (G,E,SO,C) Halal Chicken & Vegetable Chow Mein (G,E,SO,C) Vegetable & Bean Burrito (G,SO) Ve Jacket Potato with Cheese (MK) V	Steamed Carrots Ve	Maryland Cookie (G,mk) V
Friday	Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V Pasta (G) with Cheese Sauce (G,MK) V	Chips & Baked Beans Ve	Chocolate & Courgette Sponge (G,E) V

Freshly Baked Bread:

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

Week 1:

9th October, 30th October, 20th November, 11th December

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

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.

Week 2

	Main Meals	Vegetables	Dessert
Monday	Chicken & Sweetcorn Meatball Sub Roll (G,so,se) with Baked Jacket Wedges Halal Chicken & Sweetcorn Meatball Sub Roll (G,so,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	Carrot Sticks Ve	Lemon Drizzle Sponge (G,E) V
Tuesday	Lamb Bolognese (g) with Spaghetti (G) Halal Lamb Bolognese (g) with Spaghetti (G) Vegetable Fajita Wrap (G,SO) Ve Jacket Potato with Cheese (MK) V	Sweetcorn Ve	Flapjack (G) Ve
Wednesday	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	Broccoli Ve	Orange Shortbread Biscuit (G) Ve
Thursday	Chicken Fajita Wrap (G) Halal Chicken Fajita Wrap (G) Vegetable Pasta Bake (G,MK,C) V Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Peas Ve	Apple Crumble (G) Ve with Custard (MK) V
Friday	Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve Pasta (G) with Cheese Sauce (G,MK) V	Chips & Baked Beans Ve	Apple & Parsnip Cake (G,E) V

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

Week 2:

16th October, 6th November, 27th November, 18th December

Week 3

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

	Main Meals	Vegetables	Dessert
Monday	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	Peas Ve	Apple & Carrot Flapjack (G) Ve
Tuesday	Lamb Chilli (C,g) with Steamed Rice Halal Lamb Chilli (C,g) with Steamed Rice Vegetable Chilli (SO,C,g) with Steamed Rice Ve Jacket Potato with Cheese (MK) V	Steamed Carrots Ve	Chocolate & Beetroot Brownie (G,E) V
Wednesday	Sticky Glazed Chicken Halal Sticky Glazed Chicken Margherita Pizza (G,SO,MK,e) V Pasta (G) with Tomato & Basil Sauce (g) Ve	Spicy Potato Wedges Ve & Coleslaw (E) V	Cherry Cornflake Cake (G,SU) V
Thursday	Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Mushroom & Vegetable Chow Mein (G,E,SO,C) V Jacket Potato with Baked Beans Ve	Sweetcorn Ve	Vanilla Ice Cream (MK) V
Friday	Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	Chips & Baked Beans Ve	Chocolate Shortbread Biscuit (G) Ve

Freshly Baked Bread:

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

Week 3:

2nd October, 23rd October, 13th November, 4th December

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
James Elliman
October 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

