

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

Monday

## Main Meals

Sweet & Sour Chicken (G,C) with Egg Noodles (G,E)  
Halal Sweet & Sour Chicken (G,C) with Egg Noodles (G,E)  
Tex Mex Vegetarian Sausage  
Hot Pot (G,E,MK) ✓

Pasta (G) with Cheese Sauce (G,MK) ✓

## Vegetables

Sweetcorn & Peas ✓Ve

## Dessert

Vanilla Ice Cream (MK)  
with Fruit Compote ✓

Tuesday

## Main Meals

Mild Turkey & Vegetable Curry (MU) with Steamed Rice  
Halal Mild Turkey & Vegetable Curry (MU) with Steamed Rice  
Sweet Potato & Vegetable Curry (C) with Steamed Rice ✓Ve

Jacket Potato with Baked Beans ✓Ve or Cheese (MK) ✓

## Vegetables

Cauliflower & Green Beans ✓Ve

## Dessert

Fruit Burst Jelly ✓Ve

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Halal Roast Chicken with Roast Potatoes & Gravy

BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy ✓Ve

Wholegrain Pasta (G) with Tomato Sauce (C) ✓Ve

## Vegetables

Seasonal Greens & Carrots ✓Ve

## Dessert

Apple & Oaty Topped Crumble (G) ✓Ve with Custard (MK) ✓

Thursday

## Main Meals

Lamb Bolognese (g) with Spaghetti (G)  
Halal Lamb Bolognese (g) with Spaghetti (G)

Vegetable Burger (G) in a Bun (G,se) ✓Ve

Jacket Potato with Baked Beans ✓Ve or Cheese (MK) ✓

## Vegetables

Broccoli & Sweetcorn ✓Ve

## Dessert

Chocolate & Beetroot Brownie (G,E) ✓

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips

Vegetable Burrito Wrap (G,SO) ✓Ve

Pasta (G) with Tomato Sauce (C) ✓Ve

## Vegetables

Peas & Baked Beans ✓Ve

## Dessert

Maryland Cookie (G,mk) ✓

### Freshly Baked Bread:

Garlic & Herb Bread (G,SO,MK,e) ✓ Wholemeal Bread (G,SO,MK,e) ✓

### Week 1:

29<sup>th</sup> August, 19<sup>th</sup> September, 10<sup>th</sup> October, 31<sup>st</sup> October, 21<sup>st</sup> November, 12<sup>th</sup> December, 2<sup>nd</sup> January, 23<sup>rd</sup> January, 13<sup>th</sup> February

Monday

## Main Meals

BBQ Chicken Pizza (G,MK)  
Halal BBQ Chicken Pizza (G,MK)

Margherita Pizza (G,MK) ✓

Jacket Potato with Tuna Mayonnaise (F,E) or Baked Beans ✓Ve

## Vegetables

Sweetcorn ✓Ve & Coleslaw (E) ✓

## Dessert

Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) ✓

Tuesday

## Main Meals

Turkey Lasagne (G,MK,e)  
Halal Turkey Lasagne (G,MK,e)

Sweet & Sour Vegetables (G,C) with Steamed Rice ✓Ve

Wholegrain Pasta (G) with Tomato Sauce (C) ✓Ve

## Vegetables

Cauliflower & Peas ✓Ve

## Dessert

Oat & Cherry Cookie (G,SU) ✓Ve

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Halal Roast Chicken with Roast Potatoes & Gravy

Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy ✓

Pasta (G) with Cheese Sauce (G,MK) ✓

## Vegetables

Seasonal Greens & Carrots ✓Ve

## Dessert

Banana Flapjack (G) ✓Ve

Thursday

## Main Meals

Turkey & Bean Chilli (C,g) with Rice  
Halal Turkey & Bean Chilli (C,g) with Rice

Vegan Chilli Con Carne (SO,C,g) with Rice ✓Ve

Jacket Potato with Baked Beans ✓Ve or Cheese (MK) ✓

## Vegetables

Broccoli & Sweetcorn ✓Ve

## Dessert

Apple & Parsnip Sponge (G,E) ✓

Friday

## Main Meals

Battered Fish (G,F) with Oven Baked Chips

Vegetable Goujon with Oven Baked Chips ✓Ve

Pasta (G) with Roasted Tomato Sauce ✓Ve

## Vegetables

Baked Beans & Peas ✓Ve

## Dessert

Vanilla Ice Cream (MK) with Peach Compote ✓

### Freshly Baked Bread:

Carrot & Thyme Bread (G,SO,MK,e) ✓ Wholemeal Bread (G,SO,MK,e) ✓

### Week 2:

5<sup>th</sup> September, 26<sup>th</sup> September, 17<sup>th</sup> October, 7<sup>th</sup> November, 28<sup>th</sup> November, 19<sup>th</sup> December, 9<sup>th</sup> January, 30<sup>th</sup> January, 20<sup>th</sup> February

Monday

## Main Meals

Shepherds Pie topped with Sliced Sweet Potato (g)  
Halal Shepherds Pie topped with Sliced Sweet Potato (g)

Macaroni & Cheese (G,MK) ✓

Jacket Potato with Baked Beans ✓Ve or Cheese (MK) ✓

## Vegetables

Peas & Carrots ✓Ve

## Dessert

Sticky Banana Bread (G,SO,MK,e) ✓

Tuesday

## Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)  
Halal Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)

Vegetable Jambalaya (g) ✓Ve

Jacket Potato with Salmon Mayonnaise (F,E) or Cheese (MK) ✓

## Vegetables

Cauliflower & Broccoli ✓Ve

## Dessert

Chocolate Shortbread (G) ✓Ve

Wednesday

## Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy  
Halal Thyme Roast Chicken Breast with Roast Potatoes & Gravy

Roasted Ratatouille with Crumble (G) ✓Ve

Wholegrain Pasta (G) with Cheese Sauce (G,MK) ✓

## Vegetables

Seasonal Greens & Mashed Swede ✓Ve

## Dessert

Mandarin Jelly ✓Ve

Thursday

## Main Meals

Chicken Burger in a Bun (G,se)

Halal Chicken Burger in a Bun (G,se)

Vegan Bolognese (SO,g) with Spaghetti (G) ✓Ve

Jacket Potato with Baked Beans ✓Ve or

## Vegetables

Sweetcorn ✓Ve & Coleslaw (E) ✓

## Dessert

Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) ✓

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips

BBQ Vegetable Quesadilla (G,MK) ✓

Pasta (G) with Tomato Sauce (C) ✓Ve

## Vegetables

Baked Beans & Peas ✓Ve

## Dessert

Chocolate Mousse (MK) ✓

### Freshly Baked Bread:

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

### Week 3:

12<sup>th</sup> September, 3<sup>rd</sup> October, 24<sup>th</sup> October, 14<sup>th</sup> November, 5<sup>th</sup> December, 26<sup>th</sup> December, 16<sup>th</sup> January, 6<sup>th</sup> February, 27<sup>th</sup> February

September 2022

✓ - Suitable for vegetarians  
✓Ve - Suitable for vegans & vegetarians  
All products are subject to availability.

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)

### 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.

BM3 Halal Non Lake Farm  
Available Every Day  
Fresh Fruit Platter ✓Ve  
Homemade Fruit Yoghurt (SO,MK) ✓

pabulummm  
HONESTLY GOOD FOOD