

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

Week 1

Monday	Main Meals 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	Vegetables Sweetcorn Ve Dessert Chocolate Rice Krispie Cake (G) V
	Main Meals 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	Vegetables Peas Ve Dessert Carrot Cake (G,E) V
Wednesday	Main Meals 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)	Vegetables Seasonal Greens Ve Dessert Vanilla Ice Cream (MK) V
	Main Meals 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	Vegetables Steamed Carrots Ve Dessert Maryland Cookie (G,mk) V
Friday	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Chips & Baked Beans Ve Dessert 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:

26th June, 17th July, 28th August, 18th September, 9th October

Week 2

Monday	Main Meals 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	Vegetables Carrot Sticks Ve Dessert Lemon Drizzle Sponge (G,E) V
	Main Meals 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	Vegetables Sweetcorn Ve Dessert Flapjack (G) Ve
Wednesday	Main Meals 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	Vegetables Broccoli Ve Dessert Orange Shortbread Biscuit (G) Ve
	Main Meals Chicken Biryani (MU,g) Halal Chicken Biryani (MU,g) Vegetable Biryani (MU,g) Ve Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Vegetables Peas Ve Dessert Apple Crumble (G) Ve with Custard (MK) V
Friday	Main Meals Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Chips & Baked Beans Ve Dessert 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:

12th June, 3rd July, 4th September, 25th September, 16th October

Week 3

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

Monday	Main Meals 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	Vegetables Peas Ve Dessert Apple & Carrot Flapjack (G) Ve
	Main Meals 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	Vegetables Steamed Carrots Ve Dessert Chocolate & Beetroot Brownie (G,E) V
Wednesday	Main Meals Sticky Glazed Chicken Halal Sticky Glazed Chicken Margherita Pizza (G,SO,MK,e) V Pasta (G) with Tomato & Basil Sauce (g) Ve	Vegetables Spicy Potato Wedges Ve & Coleslaw (E) V Dessert Cherry Cornflake Cake (G,SU) V
	Main Meals Chicken Tikka Masala (MU) & Rice Halal Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve Jacket Potato with Baked Beans Ve	Vegetables Sweetcorn Ve Dessert Vanilla Ice Cream (MK) V
Friday	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	Vegetables Chips & Baked Beans Ve Dessert 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:

19th June, 10th July, 11th September, 2nd 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



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 Lake Farm
June 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD