

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

Week 1

Monday

**Main Meals**

Lamb Bolognese with Spaghetti (G)  
Halal Lamb Bolognese with Spaghetti (G)  
Vegan Bolognese (SO,g)  
with Spaghetti (G)  
Baked Jackets with Grated Cheese (MK)

**Sandwiches Years 3, 4, 5 & 6**

Tuna Mayonnaise & Sweetcorn Baguette (G,E,F,so)

**Served With**

Peas & Broccoli

**Dessert**

Maryland Cookie (G,mk)

Tuesday

**Main Meals**

BBQ Chicken Pizza (G,SO,MK,e)  
with Baked Wedges  
Halal BBQ Chicken Pizza (G,SO,MK,e)  
with Baked Wedges  
Margherita Pizza (G,SO,MK,e)  
with Baked Wedges  
Pasta (G) & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Egg Mayonnaise & Cucumber Bloomer (G,E,SO)

**Served With**

Carrots & Sweetcorn

**Dessert**

Apple Crumble (G)  
with Custard (MK)

Wednesday

**Main Meals**

Roast Chicken with Roast Potatoes & Gravy  
Halal Roast Chicken with Roast Potatoes & Gravy  
Squash & Lentil Lasagne (G,MK,e)  
Baked Jackets with Baked Beans

**Sandwiches Years 3, 4, 5 & 6**

Cheese Salad Sandwich (G,SO,MK)

**Served With**

Seasonal Greens & Cauliflower

**Dessert**

Cherry Cornflake Cake (G,SU)

Thursday

**Main Meals**

Mild Chicken & Vegetable Curry with Steamed Rice  
Halal Mild Chicken & Vegetable Curry with Steamed Rice  
Vegan Bean Chilli (SO) with Steamed Rice  
Pasta (G) & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Roasted Vegetable & Houmous Bloomer (G,SO,SU)

**Served With**

Broccoli & Carrots

**Dessert**

Chocolate & Pear  
Sponge (G,E)

Friday

**Main Meals**

Breaded Fish Fingers (G,F) with Chips & Ketchup  
Vegan Goujons  
with Chips & Ketchup  
Baked Jackets with Grated Cheese (MK)

**Sandwiches Years 3, 4, 5 & 6**

Chicken Mayonnaise Baguette (G,E,so)

**Served With**

Peas & Baked Beans

**Dessert**

Banana Flapjack (G)

**Freshly Baked Bread:**

Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 27th May, 17th June, 8th July, 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov, 16th Dec

**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, Yoghurt (SO,MK)  
or Jelly

Week 2

Monday

**Main Meals**

Chicken Pie (G,MK),Mashed Potato & Gravy  
Halal Chicken Pie (G,MK),Mashed Potato & Gravy  
Vegan Sausage (SO) with Mashed Potato & Gravy  
Pasta (G) & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Egg Mayonnaise Sandwich (G,E,SO)

**Served With**

Sweetcorn & Baked Beans

**Dessert**

Chocolate Rice Krispie  
Cake (G)

Tuesday

**Main Meals**

Chicken & Sweetcorn Pasta (G,MK)  
Halal Chicken & Sweetcorn Pasta (G,MK)  
Vegan Tomato & Mixed Bean Sauce  
with Fusilli (G)  
Baked Jackets with Grated Cheese (MK)

**Sandwiches Years 3, 4, 5 & 6**

Tuna Mayonnaise & Cucumber Bloomer (G,E,F,SO)

**Served With**

Carrots & Broccoli

**Dessert**

Mandarin Jelly

Wednesday

**Main Meals**

Roast Turkey, Roast Potatoes & Gravy  
Halal Roast Turkey, Roast Potatoes & Gravy  
Sweet Chilli Stir-fry Mushroom & Vegetable  
Noodles (G,E,SO)  
Wholewheat Pasta (G) & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Sweet Chilli Cheese & Spinach Wrap (G,MK)

**Served With**

Seasonal Greens & Peas

**Dessert**

Vanilla Ice Cream (MK)

Thursday

**Main Meals**

Lamb Keema with Turmeric Rice  
Halal Lamb Keema with Turmeric Rice  
Vegan Layered Vegetable & Sweet Potato  
Bake  
Baked Jackets with Baked Beans or Salmon  
Mayonnaise (F,E)

**Sandwiches Years 3, 4, 5 & 6**

Chicken Mayonnaise Baguette (G,E,so)

**Served With**

Carrots & Sweetcorn

**Dessert**

Apple & Carrot Flapjack (G)

Friday

**Main Meals**

Breaded Fish Fingers (G,F) with Chips & Ketchup  
Vegan Fajita Wrap (G) with Chips & Ketchup  
Pasta (G) & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Cheese & Tomato Bloomer (G,SO,MK)

**Served With**

Peas & Baked Beans

**Dessert**

Lemon Drizzle Sponge (G,E)

**Freshly Baked Bread:**

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

Week 2: 3rd June, 24th June, 15th July, 9th Sept, 30th Sept, 21st Oct, 11th Nov, 2nd Dec

**Made Fresh Every Day**

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

**Cold Lunches available for Years 3, 4, 5 & 6**

Children choosing the sandwich option may help themselves from the salad bar and then choose a delicious dessert from our dessert station.

Week 3

Monday

**Main Meals**

Chicken & Sweetcorn Meatballs with Tomato  
Sauce & Penne (G)  
Halal Chicken & Sweetcorn Meatballs with  
Tomato Sauce & Penne (G)  
Vegan Roasted Ratatouille with Penne  
(G)  
Baked Jackets with Grated Cheese (MK)

**Sandwiches Years 3, 4, 5 & 6**

Sweet Potato & Bean Wrap (G)

**Served With**

Carrots & Broccoli

**Dessert**

Orange Shortbread  
Biscuit (G)

Tuesday

**Main Meals**

Fajita Spiced Turkey & Vegetables with  
Steamed Rice  
Halal Fajita Spiced Turkey & Vegetables with  
Steamed Rice  
Vegan Burrito (G,SO)  
Pasta (G) & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Roasted Vegetable & Houmous Baguette (G,SU,so)

**Served With**

Sweetcorn & Coleslaw (E)

**Dessert**

Carrot Cake (G,E)

Wednesday

**Main Meals**

Herby Roast Chicken with Roast Potatoes & Gravy  
Halal Herby Roast Chicken with Roast  
Potatoes & Gravy  
3 Vegetable Mac n' Cheese (G,MK)  
Baked Jackets with Baked Beans

**Sandwiches Years 3, 4, 5 & 6**

Cheese Salad Wrap (G,MK)

**Served With**

Seasonal Greens & Broccoli

**Dessert**

Chocolate & Beetroot  
Brownie (G,E)

Thursday

**Main Meals**

Shepherds Pie Topped with Sweet Potato  
Mash (g)  
Halal Shepherds Pie Topped with Sweet  
Potato Mash (g)  
Vegan Chickpea & Spinach Korma with  
Steamed Rice  
Pasta (G) & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Tuna Mayonnaise & Cucumber Bloomer (G,E,F,SO)

**Served With**

Cauliflower & Carrots

**Dessert**

Vanilla Ice Cream (MK)

Friday

**Main Meals**

Breaded Fish Fingers (G,F)  
with Chips & Ketchup  
Vegan Bubble & Squeak with Chips &  
Ketchup  
Baked Jackets with Grated Cheese (MK)

**Sandwiches Years 3, 4, 5 & 6**

Egg Mayonnaise Sandwich (G,E,SO)

**Served With**

Peas & Baked Beans

**Dessert**

Apple & Parsnip Cake (G,E)

**Freshly Baked Bread:**

Courgette & Tomato (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 10th June, 1st July, 22nd July, 16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec

**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/NonBarleyLane

May 2024

**pabulummm**  
HONESTLY GOOD FOOD