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

Week 1

Monday

Main Meals
Lamb Bolognaise with Spaghetti (G)
Halal Lamb Bolognaise with Spaghetti (G)
Vegan Bolognaise (SO,g) with Spaghetti (G)
Baked Jackets with Grated Cheese (MK) or Baked Beans

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

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 Grated Cheese (MK) or Baked Beans

Served With
Seasonal Greens & Cauliflower

Dessert
Cherry Cornflake Cake (G,SU)

Thursday

Main Meals
Lamb Chilli Con Carne with Steamed Rice
Halal Lamb Chilli Con Carne with Steamed Rice
Vegan Bean Chilli (SO) with Steamed Rice
Pasta (G) & Tomato Sauce

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) or Baked Beans

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

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) or Baked Beans

Served With
Carrots & Broccoli

Dessert
Vanilla Shortbread (G)

Wednesday

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

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)

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

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

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) or Baked Beans

Served With
Carrots & Broccoli

Dessert
Orange Shortbread Biscuit (G)

Tuesday

Main Meals
Mild Chicken & Vegetable Curry with Steamed Rice
Halal Mild Chicken & Vegetable Curry with Steamed Rice
Vegan Burrito (G,SO)
Pasta (G) & Tomato Sauce

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 Grated Cheese (MK) or Baked Beans

Served With
Seasonal Greens & Broccoli

Dessert
Chocolate & Beetroot Brownie (G,E)

Thursday

Main Meals
Macaroni & Cheese Lamb Bolognaise Bake (G,MK,C)
Halal Macaroni & Cheese Lamb Bolognaise Bake (G,MK,C)
Vegan Chickpea & Spinach Korma with Steamed Rice
Pasta (G) & Tomato Sauce

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) or Baked Beans

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)

BM3HalalNonLakeFarm
May 2024
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD