

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

Week 1

Monday	Main Meals	Lamb Bolognaise with Spaghetti (G) Halal Lamb Bolognaise with Spaghetti (G) 3 Veg Macaroni Cheese (G,MK) Pasta (G) with Tomato & Basil Sauce	Served With	Broccoli & Peas
			Dessert	Chocolate & Sweet Potato Brownie (G,E)
Tuesday	Main Meals	Chicken & Bean Chilli with Steamed Rice Halal Chicken & Bean Chilli with Steamed Rice Vegan Bean Chilli (SO) with Steamed Rice Jacket Potato with Baked Beans	Served With	Sweetcorn & Baked Beans
			Dessert	Courgette & Oat Cookie (G)
Wednesday	Main Meals	Herby Roast Chicken Fillets with Gravy Halal Herby Roast Chicken Fillets with Gravy Vegan Squash, Sweet Potato & Bean Hot Pot Pasta (G) with Tomato & Basil Sauce	Served With	Roast Potatoes, Seasonal Greens & Carrots
			Dessert	Vanilla Ice Cream (MK)
Thursday	Main Meals	Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G) Halal Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G) Vegetable Chow Mein (G,E,SO) Jacket Potato with Cheddar Cheese (MK)	Served With	Cauliflower & Roasted Carrots
			Dessert	Apple & Parsnip Sponge (G,E)
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup Vegan Vegetable Fingers, Chips & Ketchup Pasta (G) with Tomato & Basil Sauce	Served With	Baked Beans & Peas
			Dessert	Fruit Jelly

Freshly Baked Bread:

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

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

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 & Vegetable Penne Pasta Bake (G,MK) Halal Chicken & Vegetable Penne Pasta Bake (G,MK) Vegan Bolognaise (SO,g) with Spaghetti (G) Jacket Potato with Baked Beans	Served With	Cauliflower & Green Beans
			Dessert	Maryland Cookie (G,mk)
Tuesday	Main Meals	Lamb Lasagne (G,MK,e) Halal Lamb Lasagne (G,MK,e) Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu) Pasta (G) with Squash & Tomato Sauce	Served With	Carrots & Peas
			Dessert	Carrot & Apple Flapjack (G)
Wednesday	Main Meals	Roast Turkey with Gravy Halal Roast Turkey with Gravy Vegan Bombay Chickpea Burrito (G) Pasta (G) with Squash & Tomato Sauce	Served With	Roast Potatoes, Seasonal Greens & Carrots
			Dessert	Banana & Cinnamon Sponge (G,E)
Thursday	Main Meals	Mild Chicken & Vegetable Curry with Steamed Rice Halal Mild Chicken & Vegetable Curry with Steamed Rice Vegan Mexican Bean & Vegetable Savoury Rice Jacket Potato with Cheddar Cheese (MK)	Served With	Broccoli & Sweetcorn
			Dessert	Cherry Shortbread (G,SU)
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup Vegan Boston BBQ 3 Bean Stew with Baked Jackets Pasta (G) with Squash & Tomato Sauce	Served With	Baked Beans & Peas
			Dessert	Fruit Jelly

Freshly Baked Bread:

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

Week 2: 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

Week 3

Monday	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) with Tomato & Vegetable Sauce	Served With	Classic Coleslaw (E) & Sweetcorn
			Dessert	Cinnamon Apple Crumble (G) with Custard (MK)
Tuesday	Main Meals	Chicken Biryani (g) with Vegetable Dhal (g) Halal Chicken Biryani (g) with Vegetable Dhal (g) Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice Jacket Potato with Baked Beans	Served With	Broccoli & Cauliflower
			Dessert	Sultana & Oat Cookie (G)
Wednesday	Main Meals	Lemon & Thyme Roast Chicken with Gravy Halal Lemon & Thyme Roast Chicken with Gravy Vegan Country Vegetable & Bean Pie (G) Pasta (G) with Tomato & Vegetable Sauce	Served With	Roast Potatoes, Seasonal Greens & Carrots
			Dessert	Fruit Jelly
Thursday	Main Meals	Turkey & Vegetable Ragù with Penne Pasta (G) Halal Turkey & Vegetable Ragù with Penne Pasta (G) Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans	Served With	Cauliflower & Roasted Carrots
			Dessert	Orange Drizzle Cake (G,E)
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup Mexican Roasted Vegetable & Bean Quesadilla (G) Wholewheat Pasta (G) with Tomato & Vegetable Sauce	Served With	Baked Beans & Peas
			Dessert	Chocolate & Courgette Rice Krispie Cake (G)

Freshly Baked Bread:

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

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

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)

BM3HalaNonJamesElliman
Jan 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

