

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

Week 1

<b>Monday</b>	<b>Main Meals</b>	Lamb Bolognaise with Spaghetti (G) Halal Lamb Bolognaise with Spaghetti (G) 3 Veg Macaroni Cheese (G,MK) Pasta (G) with Tomato & Basil Sauce	<b>Served With</b>	Broccoli & Peas	<b>Dessert</b>	Chocolate & Sweet Potato Brownie (G,E)
	<b>Tuesday</b>	<b>Main Meals</b>	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	<b>Served With</b>	Sweetcorn & Baked Beans	<b>Dessert</b>
<b>Wednesday</b>	<b>Main Meals</b>	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	<b>Served With</b>	Roast Potatoes, Seasonal Greens & Carrots	<b>Dessert</b>	Vanilla Ice Cream (MK)
<b>Thursday</b>	<b>Main Meals</b>	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)	<b>Served With</b>	Cauliflower & Roasted Carrots	<b>Dessert</b>	Apple & Parsnip Sponge (G,E)
<b>Friday</b>	<b>Main Meals</b>	Fish Fingers (G,F), Chips & Ketchup Vegan Vegetable Fingers, Chips & Ketchup Pasta (G) with Tomato & Basil Sauce	<b>Served With</b>	Baked Beans & Peas	<b>Dessert</b>	Fruit Jelly

### Freshly Baked Bread:

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

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

<b>Monday</b>	<b>Main Meals</b>	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	<b>Served With</b>	Cauliflower & Green Beans	<b>Dessert</b>	Maryland Cookie (G,mk)
	<b>Tuesday</b>	<b>Main Meals</b>	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	<b>Served With</b>	Carrots & Peas	<b>Dessert</b>
<b>Wednesday</b>	<b>Main Meals</b>	Roast Turkey with Gravy Halal Roast Turkey with Gravy Vegan Bombay Chickpea Burrito (G) Pasta (G) with Squash & Tomato Sauce	<b>Served With</b>	Roast Potatoes, Seasonal Greens & Carrots	<b>Dessert</b>	Banana & Cinnamon Sponge (G,E)
<b>Thursday</b>	<b>Main Meals</b>	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)	<b>Served With</b>	Broccoli & Sweetcorn	<b>Dessert</b>	Cherry Shortbread (G,SU)
<b>Friday</b>	<b>Main Meals</b>	Fish Fingers (G,F), Chips & Ketchup Vegan Boston BBQ 3 Bean Stew with Baked Jackets Pasta (G) with Squash & Tomato Sauce	<b>Served With</b>	Baked Beans & Peas	<b>Dessert</b>	Fruit Jelly

### Freshly Baked Bread:

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

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

Week 3

<b>Monday</b>	<b>Main Meals</b>	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	<b>Served With</b>	Classic Coleslaw (E) & Sweetcorn	<b>Dessert</b>	Cinnamon Apple Crumble (G) with Custard (MK)
	<b>Tuesday</b>	<b>Main Meals</b>	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	<b>Served With</b>	Broccoli & Cauliflower	<b>Dessert</b>
<b>Wednesday</b>	<b>Main Meals</b>	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	<b>Served With</b>	Roast Potatoes, Seasonal Greens & Carrots	<b>Dessert</b>	Vanilla Ice Cream (MK)
<b>Thursday</b>	<b>Main Meals</b>	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	<b>Served With</b>	Cauliflower & Roasted Carrots	<b>Dessert</b>	Orange Drizzle Cake (G,E)
<b>Friday</b>	<b>Main Meals</b>	Fish Fingers (G,F), Chips & Ketchup Mexican Roasted Vegetable & Bean Quesadilla (G) Wholewheat Pasta (G) with Tomato & Vegetable Sauce	<b>Served With</b>	Baked Beans & Peas	<b>Dessert</b>	Chocolate & Courgette Rice Krispie Cake (G)

### Freshly Baked Bread:

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

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

BM3HalaNonWoodEnd  
Jan 2025

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

