

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

## Week 1

Monday

**Main Meals**

Lamb Bolognese with Spaghetti (G)  
Halal Lamb Bolognese with Spaghetti (G)  
3 Veg Macaroni Cheese (G,MK)  
Pasta (G) with Tomato & Basil Sauce  
**Sandwiches Years 3, 4, 5 & 6**  
Tuna Mayonnaise & Sweetcorn Baguette (G,E,F,so)

**Served With**

Baked Beans & Peas  
**Dessert**  
Chocolate & Sweet Potato Brownie (G,E)

Tuesday

**Main Meals**

Caribbean Turkey & Sweet Potato Curry with Steamed Rice  
Halal Caribbean Turkey & Sweet Potato Curry with Steamed Rice  
Vegan Bean Chilli (SO) with Steamed Rice  
Jacket Potato with Baked Beans  
**Sandwiches Years 3, 4, 5 & 6**  
Egg Mayonnaise & Cucumber Bloomer (G,E)

**Served With**

Sweetcorn & Broccoli  
**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  
**Sandwiches Years 3, 4, 5 & 6**  
Cheese Salad Sandwich (G,SO,MK)

**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)  
**Sandwiches Years 3, 4, 5 & 6**  
Roasted Vegetable & Houmous Bloomer (G,SU)

**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  
**Sandwiches Years 3, 4, 5 & 6**  
Chicken Mayonnaise Baguette (G,E,so)

**Served With**

Baked Beans & Peas  
**Dessert**  
Fruit Jelly

**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

**Available Every Day:**  
Fresh Fruit, Yoghurt (SO,MK) or Jelly

**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.

## Week 2

Monday

**Main Meals**

Chicken & Vegetable Penne Pasta Bake (G,MK)  
Halal Chicken & Vegetable Penne Pasta Bake (G,MK)  
Vegan Bolognese (SO,g) with Spaghetti (G)  
Jacket Potato with Baked Beans  
**Sandwiches Years 3, 4, 5 & 6**  
Egg Mayonnaise Sandwich (G,E,SO)

**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 Spiced Squash & Potato Samosa (G)  
Pasta (G) with Squash & Tomato Sauce  
**Sandwiches Years 3, 4, 5 & 6**  
Tuna Mayonnaise & Cucumber Bloomer (G,E,F)

**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  
**Sandwiches Years 3, 4, 5 & 6**  
Sweet Chilli Cheese & Spinach Wrap (G,MK)

**Served With**

Roast Potatoes, Seasonal Greens & Carrots  
**Dessert**  
Banana & Cinnamon Sponge (G,E)

Thursday

**Main Meals**

Chicken & Sweetcorn Pie topped with Sweet Potato Mash  
Halal Chicken & Sweetcorn Pie topped with Sweet Potato Mash  
Vegan Mexican Bean & Vegetable Savoury Rice  
Jacket Potato with Cheddar Cheese (MK)  
**Sandwiches Years 3, 4, 5 & 6**  
Chicken Mayonnaise Baguette (G,E,so)

**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  
**Sandwiches Years 3, 4, 5 & 6**  
Cheese & Tomato Bloomer (G,SO,MK)

**Served With**

Baked Beans & Peas  
**Dessert**  
Vanilla Ice Cream (MK)

**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

**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**

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  
**Sandwiches Years 3, 4, 5 & 6**  
Sweet Potato & Bean Wrap (G)

**Served With**

Classic Coleslaw (E) & Sweetcorn  
**Dessert**  
Cinnamon Apple Crumble (G) with Custard (MK)

Tuesday

**Main Meals**

Shepherds Pie topped with Sweet Potato Mash  
Halal Shepherds Pie topped with Sweet Potato Mash  
Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)  
Jacket Potato with Baked Beans  
**Sandwiches Years 3, 4, 5 & 6**  
Roasted Vegetable & Houmous Baguette (G,SU,so)

**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  
**Sandwiches Years 3, 4, 5 & 6**  
Cheese Salad Wrap (G,MK)

**Served With**

Roast Potatoes, Seasonal Greens & Carrots  
**Dessert**  
Fruit Jelly

Thursday

**Main Meals**

Mild Chicken & Vegetable Curry with Steamed Rice  
Halal Mild Chicken & Vegetable Curry with Steamed Rice  
Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice  
Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans  
**Sandwiches Years 3, 4, 5 & 6**  
Tuna Mayonnaise & Cucumber Bloomer (G,E,F)

**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  
**Sandwiches Years 3, 4, 5 & 6**  
Egg Mayonnaise Sandwich (G,E,SO)

**Served With**

Baked Beans & Peas  
**Dessert**  
Chocolate & Courgette Rice Krispie Cake (G)

**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)

BM3 Halal/NonBarleyLane

Jan 2025

**pabulummm**  
HONESTLY GOOD FOOD