

MONDAY

MAIN MEAL	Chicken & Vegetable Paella
VEGGIE MEAL	Sweetcorn & Courgette Fritter (G,E) with Side Salad V
JACKET/PASTA	Pasta (G) with Cheese & Chive Sauce (G,MK) V
SIDES	Peas Ve
DESSERT	Apple & Cinnamon Sponge (G,E) with Custard (MK) V

TUESDAY

MAIN MEAL	Beef & Broccoli Stir Fry (G,SO) with Egg Noodles (G,E) or Rice
VEGAN MEAL	Squash & Lentil Curry (MU,g) with Steamed Rice Ve
JACKET/PASTA	Jacket Potato with Cheese (MK) V or Salmon Mayonnaise (F,E)
SIDES	Chinese Cabbage Ve
DESSERT	Strawberry Cheesecake (G,MK,so,e) V

WEDNESDAY

MAIN MEAL	Roast Chicken with Roast Potatoes & Gravy
VEGAN MEAL	Vegan Cornish Pasty (G,SO) with Roast Potatoes Ve
JACKET/PASTA	Pasta (G) with Roasted Tomato & Pepper Sauce Ve
SIDES	Green Cabbage & Carrots Ve
DESSERT	Chocolate Sponge (G,E) & Chocolate Sauce (MK) V

THURSDAY

MAIN MEAL	Cumberland Sausage (G,SU) with Mash (MK) & Gravy
VEGGIE MEAL	Potato Crust Cheese & Tomato Quiche (MK,E) with Side Salad V
JACKET/PASTA	Jacket Potato with Baked Beans Ve or Cheese (MK) V
SIDES	Green Beans & Cauliflower Ve
DESSERT	Fruit Burst Jelly V

FRIDAY

MAIN MEAL	Oven Baked Battered Fish (G,F) with Baked Chips
VEGAN MEAL	Vegetarian Finger (G) Bap (G,se) with Homemade Ketchup & Side Salad Ve
JACKET/PASTA	Pasta (G) with Creamy Mushroom Sauce (G,MK) V
SIDES	Baked Beans & Sweetcorn Ve
DESSERT	Chocolate & Orange Cookie (G.mk) V

WEEK 1 - S SHENFIELD

12TH APR, 3RD MAY, 24TH MAY, 14TH JUN, 5TH JUL, 26TH JUL, 30TH AUG, 20TH SEP, 11TH OCT

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), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

pabulummm
HONESTLY GOOD FOOD

MONDAY

MAIN MEAL

Cheesy Leek & Bacon Pasta Bake with a Herby Crust (G,MK)

VEGAN MEAL

Tofu Sweet & Sour Mixed Vegetables (G,SO) with Steamed Rice **Ve**

JACKET/PASTA

Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

SIDES

Green Beans **Ve**

DESSERT

Coconut & Jam Sponge (G,E,SU) with Custard (MK) **V**

TUESDAY

MAIN MEAL

Beef & Bean Chilli Con Carne (g) served with Baked Potato

VEGAN MEAL

Vegan Chilli Con Carne (SO) served with Baked Potato **Ve**

JACKET/PASTA

Pasta (G) with Spinach & Onion Sauce (G,MK) **V**

SIDES

Sweetcorn **Ve**

DESSERT

Berry Crumble Slice (G) **Ve**

WEDNESDAY

MAIN MEAL

Roast Pork with Roast Potatoes & Gravy

VEGGIE MEAL

Potato & Leek Frittata (MK,E) **V**

JACKET/PASTA

Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

SIDES

Roasted Butternut Squash & Kale **Ve**

DESSERT

Orange & Poppy Seed Sponge (G,E) **V**

THURSDAY

MAIN MEAL

Chicken & Vegetable Curry (MU) with Steamed Rice

VEGGIE MEAL

Lentil & Vegetable Lasagne (G,MK,e) with Garlic Bread (G,SO,MK,e) **V**

JACKET/PASTA

Pasta (G) with Tomato & Basil Sauce (g) **Ve**

SIDES

Carrots & Cauliflower **Ve**

DESSERT

Cherry Cookie (G,SU) **Ve**

FRIDAY

MAIN MEAL

Oven Baked Battered Fish (G,F) with Baked Chips

VEGGIE MEAL

Roasted Vegetable & Chick Pea Wrap (G,MK) **V**

JACKET/PASTA

Jacket Potato with Baked Beans **Ve** or Cheese (MK) **V**

SIDES

Baked Beans & Garden Peas **Ve**

DESSERT

Vanilla & Sultana Sponge (G,E) with Custard (MK) **V**

WEEK 2 - S SHENFIELD

19TH APR, 10TH MAY, 31ST MAY, 21ST JUN, 12TH JUL, 6TH SEP, 27TH SEP, 18TH OCT

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), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

pabulummm
HONESTLY GOOD FOOD

MONDAY

MAIN MEAL	Chicken Biryani (MU,g) with a Lentil Dhal (g)
VEGAN MEAL	Homemade Vegan Burger (G,se) with Baked Sweet Potato Ve
JACKET/PASTA	Pasta (G) with Tomato & Vegetable Sauce (g) Ve
SIDES	Broccoli Florets Ve
DESSERT	Carrot & Apple Flapjack (G) V

TUESDAY

MAIN MEAL	Beef Lasagne (G,MK,e)
VEGAN MEAL	Vegan Mince & Vegetable Pasta Bake (G,SO) Ve
JACKET/PASTA	Jacket Potato with Baked Beans Ve or Cheese (MK) V
SIDES	Carrots & Peas Ve
DESSERT	Lemon Drizzle Cake (G,E,SU) V

WEDNESDAY

MAIN MEAL	Roast Turkey with Roast Potatoes & Gravy
VEGAN MEAL	Lentil & Bean Vegan Loaf (G,SO,se) with Roast Potatoes & Gravy Ve
JACKET/PASTA	Wholewheat Pasta (G) with Cheese & Leek Sauce (G,MK) V
SIDES	Green Cabbage & Roast Parsnips V
DESSERT	Banana & Sultana Cake (G,E) with Custard (MK) V

THURSDAY

MAIN MEAL	Beef Burger in a Bun (G,se) with Potato Salad (E)
VEGAN MEAL	Lentil & Layered Vegetable Baked Ratatouille (g) Ve
JACKET/PASTA	Jacket Potato with Baked Beans Ve or Cheese (MK) V
SIDES	Sweetcorn Ve
DESSERT	Chilled Rice Pudding with Berry Compote (MK) V

FRIDAY

MAIN MEAL	Oven Baked Battered Fish (G,F) with Baked Chips
VEGAN MEAL	Vegetable & Lentil Croquette (G,SO,se) with Oven Baked Chips Ve
JACKET/PASTA	Pasta (G) with Lentil & Bean Sauce (g) Ve
SIDES	Baked Beans & Garden Peas Ve
DESSERT	Chocolate & Raisin Shortbread (G) Ve

WEEK 3 - S SHENFIELD

26TH APR, 17TH MAY, 7TH JUN, 28TH JUN, 19TH JUL, 13TH SEP, 4TH OCT

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), Other Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

pabulummm
HONESTLY GOOD FOOD