

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

Week 1

**Monday**

**Main Meals**  
Spinach & Pepper Pizza (G,SO,MK,e) with Baked Jacket Wedges V  
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V

**Vegetables**  
Sweetcorn Ve

**Dessert**  
Chocolate Rice Krispie Cake (G) V

Jacket Potato with Baked Beans Ve

**Tuesday**

**Main Meals**  
Lamb & Potato Keema (g) with Yellow Rice  
Halal Lamb & Potato Keema (g) with Yellow Rice  
Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve

**Vegetables**  
Peas Ve

**Dessert**  
Carrot Cake (G,E) V

Pasta (G) with Roasted Tomato & Basil Sauce Ve

**Wednesday**

**Main Meals**  
Roast Chicken with Roast Potatoes & Gravy  
Halal Roast Chicken with Roast Potatoes & Gravy  
Macaroni & Cheese (G,MK) V

**Vegetables**  
Seasonal Greens Ve

**Dessert**  
Vanilla Ice Cream (MK) V

Jacket Potato with Salmon Mayonnaise (E,F)

**Thursday**

**Main Meals**  
Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)  
Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)  
Vegetable Pasta Bake (G,MK,C) V

**Vegetables**  
Steamed Carrots Ve

**Dessert**  
Maryland Cookie (G,mk) V

Jacket Potato with Cheese (MK) V

**Friday**

**Main Meals**  
Breaded Fish Fingers (G,F)  
Vegetable & Bean Chimichangas (G,MK,C) V

**Vegetables**  
Chips & Baked Beans Ve

**Dessert**  
Chocolate & Courgette Sponge (G,E) V

Pasta (G) with Cheese Sauce (G,MK) V

**Freshly Baked Bread:** Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

**Week 1:**  
20<sup>th</sup> February, 13<sup>th</sup> March, 3<sup>rd</sup> April, 24<sup>th</sup> April, 15<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June, 17<sup>th</sup> July, 28<sup>th</sup> August, 18<sup>th</sup> September, 9<sup>th</sup> October

## 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 Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

**Monday**

**Main Meals**  
Chicken Burger in a Bun (G,se) with Baked Jacket Wedges  
Halal Chicken Burger in a Bun (G,se) with Baked Jacket Wedges  
Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve

**Vegetables**  
Carrot Sticks Ve

**Dessert**  
Lemon Drizzle Sponge (G,E) V

Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve

**Tuesday**

**Main Meals**  
Lamb Lasagne (G,MK,e)  
Halal Lamb Lasagne (G,MK,e)  
Chunky Vegetable Dhal (C,g) with Rice Ve

**Vegetables**  
Sweetcorn Ve

**Dessert**  
Flapjack (G) Ve

Jacket Potato with Cheese (MK) V

**Wednesday**

**Main Meals**  
Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy  
Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy  
Ratatouille Pasta Bake (G) Ve

**Vegetables**  
Broccoli Ve

**Dessert**  
Orange Shortbread Biscuit (G) Ve

Jacket Potato with Baked Beans Ve

**Thursday**

**Main Meals**  
Chicken Biryani (MU,g)  
Halal Chicken Biryani (MU,g)  
Vegetable Biryani (MU,g) Ve

**Vegetables**  
Peas Ve

**Dessert**  
Apple Crumble (G) Ve with Custard (MK) V

Pasta (G) with Tomato & Vegetable Sauce (g) Ve

**Friday**

**Main Meals**  
Breaded Fish Fingers (G,F)  
Spiced Squash & Spinach Samosa (G) Ve

**Vegetables**  
Chips & Baked Beans Ve

**Dessert**  
Apple & Parsnip Cake (G,E) V

Pasta (G) with Cheese Sauce (G,MK) V

**Freshly Baked Bread:** Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

**Week 2:**  
27<sup>th</sup> February, 20<sup>th</sup> March, 10<sup>th</sup> April, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> October



**Made Fresh Every Day**  
All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Week 3

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians

**Monday**

**Main Meals**  
Chicken & Vegetable Pie (G) with Mashed Potato & Gravy  
Halal Chicken & Vegetable Pie (G) with Mashed Potato & Gravy  
Vegan Sausages (G) with Mashed Potato & Gravy Ve

**Vegetables**  
Peas Ve

**Dessert**  
Apple & Carrot Flapjack (G) Ve

Pasta (G) with Cheese Sauce (G,MK) V

**Tuesday**

**Main Meals**  
Lamb Bolognese (g) with Spaghetti (G)  
Halal Lamb Bolognese (g) with Spaghetti (G)  
Vegan Bolognese (SO,g) with Spaghetti (G) Ve

**Vegetables**  
Steamed Carrots Ve

**Dessert**  
Chocolate & Beetroot Brownie (G,E) V

Jacket Potato with Cheese (MK) V

**Wednesday**

**Main Meals**  
Sticky Glazed Chicken  
Halal Sticky Glazed Chicken  
Margherita Pizza (G,SO,MK,e) V

**Vegetables**  
Spicy Potato Wedges Ve & Coleslaw (E) V

**Dessert**  
Cherry Cornflake Cake (G,SU) V

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

**Thursday**

**Main Meals**  
Chicken Tikka Masala (MU) & Rice  
Halal Chicken Tikka Masala (MU) & Rice  
Vegetable Pasanda (MU) with Rice Ve

**Vegetables**  
Sweetcorn Ve

**Dessert**  
Vanilla Ice Cream (MK) V

Jacket Potato with Baked Beans Ve

**Friday**

**Main Meals**  
Breaded Fish Fingers (G,F)  
Vegetable & Bean Stuffed Pitta Pocket (G) Ve

**Vegetables**  
Chips & Baked Beans Ve

**Dessert**  
Chocolate Shortbread Biscuit (G) Ve

Pasta (G) with Tomato & Lentil Sauce (C,g) Ve

**Freshly Baked Bread:** Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

**Week 3:**  
6<sup>th</sup> March, 27<sup>th</sup> March, 17<sup>th</sup> April, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July, 11<sup>th</sup> September, 2<sup>nd</sup> October

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 Non West Drayton

February 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD