

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

Monday

Main Meals

Root Vegetable & Bean Casserole (C) with Mashed Potato **Ve**
 Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) **V**
 Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables

Sweetcorn & Peas **Ve**
Dessert
 Vanilla Ice Cream (MK) with Fruit Compote **V**

Tuesday

Main Meals

Mild Turkey & Vegetable Curry (MU) with Steamed Rice
 Halal Mild Turkey & Vegetable Curry (MU) with Steamed Rice
 Sweet Potato & Vegetable Curry (C) with Steamed Rice **Ve**

Vegetables

Cauliflower & Green Beans **Ve**
Dessert
 Fruit Burst Jelly **Ve**

Jacket Potato with Baked Beans **Ve**

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy **Ve**
 Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Seasonal Greens & Carrots **Ve**
Dessert
 Apple & Oaty Topped Crumble (G) **Ve** with Custard (MK) **V**

Thursday

Main Meals

Beef & Bean Chilli (C,g) with Rice
 Halal Beef & Bean Chilli (C,g) with Rice
 Vegan Chilli Con Carne (SO,C,g) with Rice **Ve**
 Jacket Potato with Cheese (MK) **V**

Vegetables

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

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips
 Vegetable Burrito Wrap (G,SO) **Ve**
 Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Peas & Baked Beans **Ve**
Dessert
 Maryland Cookie (G,mk) **V**

Freshly Baked Bread:

Garlic & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 1:

29th August, 19th September, 10th October, 31st October, 21st November, 12th December, 2nd January, 23rd January, 13th February

Monday

Main Meals

Roasted Ratatouille Pasta Bake (G,MK,C) **V**
 Margherita Pizza (G,MK) **V**
 Jacket Potato with Tuna Mayonnaise (F,E)

Vegetables

Sweetcorn **Ve** & Coleslaw (E) **V**
Dessert
 Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) **V**

Tuesday

Main Meals

Sweet & Sour Chicken (G,C) with Steamed Rice
 Halal Sweet & Sour Chicken (G,C) with Steamed Rice
 Sweet & Sour Vegetables (G,C) with Steamed Rice **Ve**
 Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Cauliflower & Peas **Ve**
Dessert
 Oat & Cherry Cookie (G,SU) **Ve**

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy **V**
 Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables

Seasonal Greens & Carrots **Ve**
Dessert
 Banana Flapjack (G) **Ve**

Thursday

Main Meals

Chicken Burger in a Bun (G,se)
 Halal Chicken Burger in a Bun (G,se)
 Vegetable Lasagne (G,MK,e) **V**
 Jacket Potato with Baked Beans **Ve**

Vegetables

Broccoli & Sweetcorn **Ve**
Dessert
 Apple & Parsnip Sponge (G,E) **V**

Friday

Main Meals

Battered Fish (G,F) with Oven Baked Chips
 Vegetable Goujon with Oven Baked Chips **Ve**
 Pasta (G) with Roasted Tomato Sauce **Ve**

Vegetables

Baked Beans & Peas **Ve**
Dessert
 Vanilla Ice Cream (MK) with Peach Compote **V**

Freshly Baked Bread:

Carrot & Thyme Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 2:

5th September, 26th September, 17th October, 7th November, 28th November, 19th December, 9th January, 30th January, 20th February

Monday

Main Meals

Vegan Pie topped with Sliced Sweet Potato (SO,g) **Ve**
 Macaroni & Cheese (G,MK) **V**
 Jacket Potato with Baked Beans **Ve**

Vegetables

Peas & Carrots **Ve**
Dessert
 Sticky Banana Bread (G,SO,MK,e) **V**

Tuesday

Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
 Halal Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
 Vegetable Jambalaya (g) **Ve**
 Jacket Potato with Salmon Mayonnaise (F,E)

Vegetables

Cauliflower & Broccoli **Ve**
Dessert
 Chocolate Shortbread (G) **Ve**

Wednesday

Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Halal Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Roasted Ratatouille with Crumble (G) **Ve**
 Wholegrain Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables

Seasonal Greens & Mashed Swede **Ve**
Dessert
 Mandarin Jelly **Ve**

Thursday

Main Meals

Beef Lasagne (G,MK,e)
 Halal Beef Lasagne (G,MK,e)
 Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**
 Jacket Potato with Baked Beans **Ve**

Vegetables

Sweetcorn **Ve** & Coleslaw (E) **V**
Dessert
 Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) **V**

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips
 BBQ Vegetable Quesadilla (G,MK) **V**
 Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables

Baked Beans & Peas **Ve**
Dessert
 Chocolate Mousse (MK) **V**

Freshly Baked Bread:

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

Week 3:

12th September, 3rd October, 24th October, 14th November, 5th December, 26th December, 16th January, 6th February, 27th February

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

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)

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.

BM2 Halal Non Pinner Wood
Available Every Day
 Fresh Fruit Platter **Ve**
 Homemade Fruit Yoghurt (SO,MK) **V**

pabulummm
 HONESTLY GOOD FOOD

September 2022

All products are subject to availability.