

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

Week 1

Monday	<b>Main Meals</b>	Vegetable Lasagne (G,SO,MK,e) V	<b>Vegetables</b>	Sweetcorn Ve
		Margherita Pizza (G,SO,MK,e) V	<b>Dessert</b>	Chocolate Rice Krispie Cake (G) V
		Jacket Potato with Baked Beans Ve		
Tuesday	<b>Main Meals</b>	Lamb Bolognese (g) with Spaghetti (G)	<b>Vegetables</b>	Peas Ve
		Halal Lamb Bolognese (g) with Spaghetti (G)	<b>Dessert</b>	Carrot Cake (G,E) V
		Vegan Bolognese (SO,g) with Spaghetti (G) Ve		
	Jacket Potato with Cheese (MK) V			
Wednesday	<b>Main Meals</b>	Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b>	Seasonal Greens Ve
		Halal Roast Chicken with Roast Potatoes & Gravy	<b>Dessert</b>	Vanilla Ice Cream (MK) V
		Macaroni & Cheese (G,MK) V		
	Jacket Potato with Salmon Mayonnaise (E,F)			
Thursday	<b>Main Meals</b>	Chicken Fajita Wrap (G)	<b>Vegetables</b>	Steamed Carrots Ve
		Halal Chicken Fajita Wrap (G)	<b>Dessert</b>	Maryland Cookie (G,mk) V
		Vegetable & Bean Burrito (G,SO) Ve		
	Pasta (G) with Roasted Tomato & Basil Sauce Ve			
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans Ve
		Vegetable & Bean Chimichangas (G,MK,C) V	<b>Dessert</b>	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

Week 2

Monday	<b>Main Meals</b>	Sweet & Sour Vegetable (G,SO,C) with Steamed Rice Ve	<b>Vegetables</b>	Carrot Sticks Ve
		Vegetable Burger (G) in a Bun (G,se) Ve	<b>Dessert</b>	Lemon Drizzle Sponge (G,E) V
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve		
Tuesday	<b>Main Meals</b>	Lamb Lasagne (G,MK,e)	<b>Vegetables</b>	Sweetcorn Ve
		Halal Lamb Lasagne (G,MK,e)	<b>Dessert</b>	Flapjack (G) Ve
		Vegetable Fajita Wrap (G,SO) Ve		
	Jacket Potato with Cheese (MK) V			
Wednesday	<b>Main Meals</b>	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b>	Green Beans Ve
		Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	<b>Dessert</b>	Orange Shortbread Biscuit (G) Ve
		Ratatouille Pasta Bake (G) Ve		
	Jacket Potato with Baked Beans Ve			
Thursday	<b>Main Meals</b>	Chicken Tikka Masala (MU) & Rice	<b>Vegetables</b>	Broccoli Ve
		Halal Chicken Tikka Masala (MU) & Rice	<b>Dessert</b>	Apple Crumble (G) Ve with Custard (MK) V
		Vegetable Pasanda (MU) with Rice Ve		
	Pasta (G) with Tomato & Vegetable Sauce (g) Ve			
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans Ve
		Spiced Squash & Spinach Samosa (G) Ve	<b>Dessert</b>	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

Week 3

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

Monday	<b>Main Meals</b>	Cauliflower & Cheese Bake (G,MK) with Mashed Potato & Gravy V	<b>Vegetables</b>	Peas Ve
		Vegan Sausages (G) with Mashed Potato & Gravy Ve	<b>Dessert</b>	Apple & Carrot Flapjack (G) Ve
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve		
Tuesday	<b>Main Meals</b>	Lamb Chilli (C,g) with Steamed Rice	<b>Vegetables</b>	Steamed Carrots Ve
		Halal Lamb Chilli (C,g) with Steamed Rice	<b>Dessert</b>	Chocolate & Beetroot Brownie (G,E) V
		Vegetable Chilli (SO,C,g) with Steamed Rice Ve		
	Jacket Potato with Cheese (MK) V			
Wednesday	<b>Main Meals</b>	Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b>	Broccoli Ve
		Halal Roast Chicken with Roast Potatoes & Gravy	<b>Dessert</b>	Cherry Cornflake Cake (G,SU) V
		Vegetable Frittata (E,MK,MU) with Roast Potatoes V		
	Pasta (G) with Tomato & Basil Sauce (g) Ve			
Thursday	<b>Main Meals</b>	Chicken & Vegetable Chow Mein (G,E,SO,C)	<b>Vegetables</b>	Green Beans Ve
		Halal Chicken & Vegetable Chow Mein (G,E,SO,C)	<b>Dessert</b>	Vanilla Ice Cream (MK) V
		Vegetable Pasta Bake (G,MK,C) V		
	Jacket Potato with Baked Beans Ve			
Friday	<b>Main Meals</b>	Breaded Fish Fingers (G,F)	<b>Vegetables</b>	Chips & Baked Beans Ve
		Vegetable & Bean Stuffed Pitta Pocket (G) Ve	<b>Dessert</b>	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

## 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



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 Pinner Wood  
February 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD