

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

Week 1

Monday	Main Meals	Vegetable Lasagne (G,SO,MK,e) 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 Bolognese (g) with Spaghetti (G) Halal Lamb Bolognese (g) with Spaghetti (G) Vegan Bolognese (SO,g) with Spaghetti (G) Ve	Vegetables	Peas Ve	Dessert	Carrot Cake (G,E) V
		Jacket Potato with Cheese (MK) V				
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	Chicken Fajita Wrap (G) Halal Chicken Fajita Wrap (G) Vegetable & Bean Burrito (G,SO) Ve	Vegetables	Steamed Carrots Ve	Dessert	Maryland Cookie (G,mk) V
		Pasta (G) with Roasted Tomato & Basil Sauce Ve				
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:

9th October, 30th October, 20th November, 11th December

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	Sweet & Sour Vegetable (G,SO,C) with Steamed Rice Ve 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) Vegetable Fajita Wrap (G,SO) 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	Green Beans Ve	Dessert	Orange Shortbread Biscuit (G) Ve
		Jacket Potato with Baked Beans Ve				
Thursday	Main Meals	Chicken Tikka Masala (MU) & Rice Halal Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve	Vegetables	Broccoli 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:

16th October, 6th November, 27th November, 18th December

Week 3

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

Monday	Main Meals	Cauliflower & Cheese Bake (G,MK) with Mashed Potato & Gravy V	Vegetables	Peas Ve	Dessert	Apple & Carrot Flapjack (G) Ve
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve				
Tuesday	Main Meals	Lamb Chilli (C,g) with Steamed Rice Halal Lamb Chilli (C,g) with Steamed Rice Vegetable Chilli (SO,C,g) with Steamed Rice Ve	Vegetables	Steamed Carrots Ve	Dessert	Chocolate & Beetroot Brownie (G,E) V
		Jacket Potato with Cheese (MK) V				
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy Halal Roast Chicken with Roast Potatoes & Gravy Vegetable Frittata (E,MK,MU) with Roast Potatoes V	Vegetables	Broccoli Ve	Dessert	Cherry Cornflake Cake (G,SU) V
		Pasta (G) with Tomato & Basil Sauce (g) Ve				
Thursday	Main Meals	Chicken & Vegetable Chow Mein (G,E,SO,C) Halal Chicken & Vegetable Chow Mein (G,E,SO,C) Vegetable Pasta Bake (G,MK,C) V	Vegetables	Green Beans 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:

2nd October, 23rd October, 13th November, 4th December

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
October 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

