

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

Week 1

Monday	Main Meals BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges	Vegetables Sweetcorn Ve
	Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Pasta (G) with Tomato Sauce Ve	
Tuesday	Main Meals Beef Bolognese (C) with Spaghetti (G)	Vegetables Peas Ve
	Vegan Bolognese (SO,g) with Spaghetti (G) Ve	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Jacket Potato with Cheese (MK) V	
Wednesday	Main Meals Roast Chicken with Roast Potatoes & Gravy	Vegetables Seasonal Greens Ve
	Macaroni & Cheese (G,MK) V	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Jacket Potato with Salmon Mayonnaise (E,F)	
Thursday	Main Meals Chicken & Vegetable Chow Mein (G,E,SO,C)	Vegetables Steamed Carrots Ve
	Mushroom & Vegetable Chow Mein (G,E,SO,C) V	Dessert Maryland Cookie (G,mk) V
	Pasta (G) with Roasted Tomato & Basil Sauce Ve	
Friday	Main Meals Breaded Fish Fingers (G,F)	Vegetables Chips & Baked Beans Ve
	Vegetable & Bean Chimichangas (G,MK,C) V	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) 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

Available Every Day
Jelly **Ve**

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.

Week 2

Monday	Main Meals Beef Chilli (C,g) with Steamed Rice	Vegetables Carrot Sticks Ve
	Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	
Tuesday	Main Meals Beef Lasagne (G,MK,e)	Vegetables Sweetcorn Ve
	Vegetable Fajita Wrap (G,SO) Ve	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Jacket Potato with Cheese (MK) V	
Wednesday	Main Meals Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	Vegetables Pan Fried Leeks Ve
	Ratatouille Pasta Bake (G) Ve	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Jacket Potato with Baked Beans Ve	
Thursday	Main Meals Chicken Tikka Masala (MU) & Rice	Vegetables Broccoli Ve
	Vegetable Pasanda (MU) with Rice 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)	Vegetables Chips & Baked Beans Ve
	Spiced Squash & Spinach Samosa (G) Ve	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) 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 Chicken and Beef Sausages with Mashed Potato & Gravy	Vegetables Peas Ve
	Vegan Sausages (G) with Mashed Potato & Gravy Ve	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Pasta (G) with Cheese Sauce (G,MK) V	
Tuesday	Main Meals Beef Meatballs (SU) with Tomato Sauce & Penne Pasta (G)	Vegetables Steamed Carrots Ve
	Vegetable Chilli (SO,C,g) with Steamed Rice Ve	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Jacket Potato with Cheese (MK) V	
Wednesday	Main Meals Sticky Glazed Chicken	Vegetables Spicy Potato Wedges Ve & Coleslaw (E) V
	Margherita Pizza (G,SO,MK,e) V	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	Pasta (G) with Tomato & Basil Sauce (g) Ve	
Thursday	Main Meals Chicken Jambalaya (g)	Vegetables Pan Fried Leeks Ve
	Vegetable Pasta Bake (G,MK,C) V	Dessert Vanilla Ice Cream (MK) V
	Jacket Potato with Baked Beans Ve	
Friday	Main Meals Breaded Fish Fingers (G,F)	Vegetables Chips & Baked Beans Ve
	Vegetable & Bean Stuffed Pitta Pocket (G) Ve	Dessert Fresh Fruit Ve or Yoghurt (SO,MK) V
	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)

BM2 St John's & St Clements
October 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

