

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

## Main Meals

Sausage (G,SU) & Mash with Onion Gravy

Vegetarian Sausage (G,C) with Mash & Gravy **Ve**

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

## Vegetables

Sweetcorn & Peas **Ve**

## Dessert

Vanilla Ice Cream (MK) with Fruit Compote **V**

## Main Meals

Turkey & Potato Moussaka (G,MK)

Vegetable Jambalaya (g) **Ve**

Jacket Potato with Baked Beans **Ve**

## Vegetables

Cauliflower & Green Beans **Ve**

## Dessert

Fruit Burst Jelly **Ve**

## Main Meals

Honey Roast Gammon 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**

## Main Meals

Beef Bolognese (C) with Spaghetti (G)

Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**

Jacket Potato with Cheese (MK) **V**

## Vegetables

Broccoli & Sweetcorn **Ve**

## Dessert

Carrot Sponge (G,MK) **V**

## 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**

### Week 1:

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

## Main Meals

BBQ Chicken Pizza (G,MK)

Margherita Pizza (G,MK) **V**

Jacket Potato with Baked Beans **Ve**

## Vegetables

Sweetcorn & Carrots **Ve**

## Dessert

Chocolate & Courgette Sponge (G,MK) with Chocolate Sauce (MK) **V**

## Main Meals

Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)

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**

## Main Meals

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**

## Main Meals

Beef & Bean Chilli (C,g) with Rice

Vegan Chilli Con Carne (SO,C,g) with Rice **Ve**

Jacket Potato with Baked Beans **Ve**

## Vegetables

Broccoli & Sweetcorn **Ve**

## Dessert

Jam Sponge (G,MK) with Custard (MK) **V**

## 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**

### Week 2:

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

## Main Meals

Cottage Pie topped with Sliced Sweet Potato (SU)

Macaroni & Cheese (G,MK) **V**

Jacket Potato with Baked Beans **Ve**

## Vegetables

Peas & Carrots **Ve**

## Dessert

Fruit Cheesecake (G,MK,SU) **V**

## Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)

Vegetable Moussaka (G,SO,MK) **V**

Jacket Potato with Baked Beans **Ve**

## Vegetables

Cauliflower & Broccoli **Ve**

## Dessert

Chocolate Shortbread (G) **Ve**

## Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy

Roasted Ratatouille with Crumble (G) **Ve**

Wholegrain Pasta (G) with Creamy Salmon Sauce (G,F,MK)

## Vegetables

Seasonal Greens & Mashed Swede **Ve**

## Dessert

Mandarin Jelly **Ve**

## Main Meals

Beef Burger in a Bun (G,se)

BBQ Pulled Carrot & Vegetable Taco (g) **Ve**

Jacket Potato with Baked Beans **Ve**

## Vegetables

Sweetcorn & Carrots **Ve**

## Dessert

Lemon Drizzle Cake (G,MK) **V**

## 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**

### 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.

BM1 Porters Grange

### Available Every Day

Fresh Fruit Platter **Ve**  
Homemade Fruit Yoghurt (SO,MK) **V**

September 2022

**pabulummm**  
HONESTLY GOOD FOOD

All products are subject to availability.