

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

Week 1

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

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

## 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	<b>Main Meals</b> Beef Burger in a Bun (G,se) with Baked Jacket Wedges	<b>Vegetables</b> Carrot Sticks <b>Ve</b>
	Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges <b>Ve</b>	<b>Dessert</b> Lemon Drizzle Sponge (G,MK) <b>V</b>
	Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) <b>Ve</b>	
Tuesday	<b>Main Meals</b> Beef Biryani (MU,g)	<b>Vegetables</b> Sweetcorn <b>Ve</b>
	Vegetable Fajita Wrap (G,SO) <b>Ve</b>	<b>Dessert</b> Flapjack (G) <b>Ve</b>
	Jacket Potato with Cheese (MK) <b>V</b>	
Wednesday	<b>Main Meals</b> Honey Roast Gammon with Roast Potatoes & Gravy	<b>Vegetables</b> Pan Fried Leeks <b>Ve</b>
	Ratatouille Pasta Bake (G) <b>Ve</b>	<b>Dessert</b> Orange Shortbread Biscuit (G) <b>Ve</b>
	Jacket Potato with Baked Beans <b>Ve</b>	
Thursday	<b>Main Meals</b> Chicken & Vegetable Chow Mein (G,SO,C)	<b>Vegetables</b> Broccoli <b>Ve</b>
	Mushroom & Vegetable Chow Mein (G,SO,C) <b>V</b>	<b>Dessert</b> Apple Crumble (G) <b>Ve</b> with Custard (MK) <b>V</b>
	Pasta (G) with Tomato & Vegetable Sauce (g) <b>Ve</b>	
Friday	<b>Main Meals</b> Breaded Fish Fingers (G,F)	<b>Vegetables</b> Chips & Baked Beans <b>Ve</b>
	Spiced Squash & Spinach Samosa (G) <b>Ve</b>	<b>Dessert</b> Oat & Cherry Cookie (G,SU) <b>Ve</b>
	Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	

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> Cumberland Sausages (G,SU) with Mashed Potato & Gravy	<b>Vegetables</b> Peas <b>Ve</b>
	Vegan Sausages (G) with Mashed Potato & Gravy <b>Ve</b>	<b>Dessert</b> Apple & Carrot Flapjack (G) <b>Ve</b>
	Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	
Tuesday	<b>Main Meals</b> Beef Chilli (C,g) with Steamed Rice	<b>Vegetables</b> Steamed Carrots <b>Ve</b>
	Vegetable Chilli (SO,C,g) with Steamed Rice <b>Ve</b>	<b>Dessert</b> Jam Sponge (G,MK) <b>V</b>
	Jacket Potato with Cheese (MK) <b>V</b>	
Wednesday	<b>Main Meals</b> Sticky Glazed Chicken	<b>Vegetables</b> Spicy Potato Wedges & Sweetcorn <b>Ve</b>
	Margherita Pizza (G,SO,MK) <b>V</b>	<b>Dessert</b> Cherry Cornflake Cake (G,SU) <b>V</b>
	Pasta (G) with Tomato & Basil Sauce (g) <b>Ve</b>	
Thursday	<b>Main Meals</b> Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	<b>Vegetables</b> Pan Fried Leeks <b>Ve</b>
	Vegetable Pasta Bake (G,MK,C) <b>V</b>	<b>Dessert</b> Vanilla Ice Cream (MK) <b>V</b>
	Jacket Potato with Baked Beans <b>Ve</b>	
Friday	<b>Main Meals</b> Breaded Fish Fingers (G,F)	<b>Vegetables</b> Chips & Baked Beans <b>Ve</b>
	Vegetable & Bean Stuffed Pitta Pocket (G) <b>Ve</b>	<b>Dessert</b> Chocolate Shortbread Biscuit (G) <b>Ve</b>
	Pasta (G) with Tomato & Lentil Sauce (C,g) <b>Ve</b>	

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

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)

BM1 Porters Grange  
February 2023  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

