

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

Week 1

Monday	Main Meals BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges Halal BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges 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 Beef Bolognese (C) with Spaghetti (G) Halal Beef Bolognese (C) 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 Paella Halal Chicken Paella Butternut Squash & Chickpea Paella 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:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th 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	Main Meals Beef Burger in a Bun (G,se) with Baked Jacket Wedges Halal Beef Burger in a Bun (G,se) with Baked Jacket Wedges 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 Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G) Halal Beef Meatballs (SU) with Tomato Sauce & Penne Pasta (G) Chunky Vegetable Dhal (C,g) with Rice Ve Jacket Potato with Cheese (MK) V	Vegetables Sweetcorn Ve	Dessert Flapjack (G) Ve
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 Jacket Potato with Baked Beans Ve	Vegetables Pan Fried Leeks Ve	Dessert Orange Shortbread Biscuit (G) 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 Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Chips & Baked Beans Ve	Dessert Apple & Parsnip Cake (G,E) V

Freshly Baked Bread: Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October

Week 3

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

Monday	Main Meals Chicken and Beef Sausages with Mashed Potato & Gravy Chicken and Beef Sausages with Mashed Potato & Gravy Vegan Sausages (G) with Mashed Potato & Gravy Ve	Vegetables Peas Ve	Dessert Apple & Carrot Flapjack (G) Ve
	Pasta (G) with Cheese Sauce (G,MK) V		
Tuesday	Main Meals Beef Chilli (C,g) with Steamed Rice Halal Beef 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 Sticky Glazed Chicken Halal Sticky Glazed Chicken Margherita Pizza (G,SO,MK,e) V	Vegetables Spicy Potato Wedges Ve & Coleslaw (E) V	Dessert Cherry Cornflake Cake (G,SU) V
	Pasta (G) with Tomato & Basil Sauce (g) Ve		
Thursday	Main Meals Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Vegetable Pasta Bake (G,MK,C) V	Vegetables Pan Fried Leeks 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 Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	Vegetables Chips & Baked Beans Ve	Dessert Chocolate Shortbread Biscuit (G) Ve

Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd 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)

BM2 Halal Non Elmwood
February 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

