

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

Week 1

Monday	Main Meals BBQ Chicken Pizza (G,SO,MK,e) Halal BBQ Chicken Pizza (G,SO,MK,e) Margherita Pizza (G,SO,MK,e) V	Vegetables Sweetcorn Ve
	Jacket Potato with Baked Beans Ve	Dessert Chocolate Rice Krispie Cake (G) V
Tuesday	Main Meals Beef Bolognese (C) with Spaghetti (G) Halal Beef Bolognese (C) with Spaghetti (G) Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve	Vegetables Peas Ve
	Jacket Potato with Cheese (MK) V	Dessert Carrot Cake (G,E) 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
	Jacket Potato with Salmon Mayonnaise (E,F)	Dessert Vanilla Ice Cream (MK) V
Thursday	Main Meals Chicken & Vegetable Chow Mein (G,E,SO,C) Halal Chicken & Vegetable Chow Mein (G,E,SO,C) Butternut Squash & Chickpea Paella Ve	Vegetables Steamed Carrots Ve
	Pasta (G) with Roasted Tomato & Basil Sauce Ve	Dessert Maryland Cookie (G,mk) V
Friday	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V	Vegetables Chips & Baked Beans Ve
	Pasta (G) with Cheese Sauce (G,MK) V	Dessert Chocolate & Courgette Sponge (G,E) 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) Halal Beef Burger in a Bun (G,se) Vegetable Burger (G) in a Bun (G,se) Ve	Vegetables Carrot Sticks Ve
	Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	Dessert Lemon Drizzle Sponge (G,E) V
Tuesday	Main Meals Beef Lasagne (G,MK,e) Halal Beef Lasagne (G,MK,e) Vegetable Biryani (MU,g) Ve	Vegetables Sweetcorn Ve
	Jacket Potato with Cheese (MK) V	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	Vegetables Pan Fried Leeks Ve
	Jacket Potato with Baked Beans Ve	Dessert Orange Shortbread Biscuit (G) Ve
Thursday	Main Meals Chicken Fajita Wrap (G) Halal Chicken Fajita Wrap (G) Mushroom & Vegetable Chow Mein (G,E,SO,C) V	Vegetables Broccoli Ve
	Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Dessert Apple Crumble (G) Ve with Custard (MK) V
Friday	Main Meals Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve	Vegetables Chips & Baked Beans Ve
	Pasta (G) with Cheese Sauce (G,MK) V	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

Made Fresh Every Day

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Week 3

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

Monday	Main Meals Chicken and Beef Sausages with Mashed Potato & Gravy Halal Chicken and Beef Sausages with Mashed Potato & Gravy Vegan Sausages (G) with Mashed Potato & Gravy Ve	Vegetables Peas Ve
	Pasta (G) with Cheese Sauce (G,MK) V	Dessert Apple & Carrot Flapjack (G) Ve
Tuesday	Main Meals Beef & Potato Keema (g) with Yellow Rice Halal Beef & Potato Keema (g) with Yellow Rice Vegetable Chilli (SO,C,g) with Steamed Rice Ve	Vegetables Steamed Carrots Ve
	Jacket Potato with Cheese (MK) V	Dessert Chocolate & Beetroot Brownie (G,E) 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
	Pasta (G) with Tomato & Basil Sauce (g) Ve	Dessert Cherry Cornflake Cake (G,SU) V
Thursday	Main Meals Chicken Tikka Masala (MU) & Rice Halal Chicken Tikka Masala (MU) & Rice Vegetable & Bean Burrito (G,SO) Ve	Vegetables Pan Fried Leeks Ve
	Jacket Potato with Baked Beans Ve	Dessert Vanilla Ice Cream (MK) V
Friday	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve	Vegetables Chips & Baked Beans Ve
	Pasta (G) with Tomato & Lentil Sauce (C,g) 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 Purfleet
February 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD