

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
		Halal BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges	Dessert	Chocolate Rice Krispie Cake (G) V
		Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V		
		Jacket Potato with Baked Beans Ve		
Tuesday	Main Meals	Beef Bolognese (C) with Spaghetti (G)	Vegetables	Peas Ve
		Halal Beef Bolognese (C) with Spaghetti (G)	Dessert	Carrot Cake (G,E) V
		Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve		
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Vegetables	Seasonal Greens Ve
		Halal Roast Chicken with Roast Potatoes & Gravy	Dessert	Vanilla Ice Cream (MK) V
		Macaroni & Cheese (G,MK) V		
		Jacket Potato with Salmon Mayonnaise (E,F)		
Thursday	Main Meals	Chicken & Vegetable Chow Mein (G,E,SO,C)	Vegetables	Steamed Carrots Ve
		Halal Chicken & Vegetable Chow Mein (G,E,SO,C)	Dessert	Maryland Cookie (G,mk) V
		Butternut Squash & Chickpea Paella Ve		
		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	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:

9th October, 30th October, 20th November, 11th December

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	Vegetables	Carrot Sticks Ve
		Halal Beef Burger in a Bun (G,se) with Baked Jacket Wedges	Dessert	Lemon Drizzle Sponge (G,E) V
		Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve		
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve		
Tuesday	Main Meals	Beef Lasagne (G,MK,e)	Vegetables	Sweetcorn Ve
		Halal Beef Lasagne (G,MK,e)	Dessert	Flapjack (G) Ve
		Vegetable Biryani (MU,g) Ve		
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	Vegetables	Pan Fried Leeks Ve
		Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	Dessert	Orange Shortbread Biscuit (G) Ve
		Ratatouille Pasta Bake (G) Ve		
		Jacket Potato with Baked Beans Ve		
Thursday	Main Meals	Chicken Fajita Wrap (G)	Vegetables	Broccoli Ve
		Halal Chicken Fajita Wrap (G)	Dessert	Apple Crumble (G) Ve with Custard (MK) V
		Mushroom & Vegetable Chow Mein (G,E,SO,C) 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	Apple & Parsnip Cake (G,E) 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
		Halal Chicken and Beef Sausages with Mashed Potato & Gravy	Dessert	Apple & Carrot Flapjack (G) Ve
		Vegan Sausages (G) with Mashed Potato & Gravy Ve		
		Pasta (G) with Cheese Sauce (G,MK) V		
Tuesday	Main Meals	Beef & Potato Keema (g) with Yellow Rice	Vegetables	Steamed Carrots Ve
		Halal Beef & Potato Keema (g) with Yellow Rice	Dessert	Chocolate & Beetroot Brownie (G,E) V
		Vegetable Chilli (SO,C,g) with Steamed Rice Ve		
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Sticky Glazed Chicken	Vegetables	Spicy Potato Wedges Ve & Coleslaw (E) V
		Halal Sticky Glazed Chicken	Dessert	Cherry Cornflake Cake (G,SU) V
		Margherita Pizza (G,SO,MK,e) V		
		Pasta (G) with Tomato & Basil Sauce (g) Ve		
Thursday	Main Meals	Chicken Tikka Masala (MU) & Rice	Vegetables	Pan Fried Leeks Ve
		Halal Chicken Tikka Masala (MU) & Rice	Dessert	Vanilla Ice Cream (MK) V
		Vegetable & Bean Burrito (G,SO) Ve		
		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	Chocolate Shortbread Biscuit (G) Ve
		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 Halal Non Purfleet
October 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

