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

Week 1

Monday

Main Meals
- BBQ Chicken Pizza (G,SO,MK,e)
- Margherita Pizza (G,SO,MK,e) V
- Jacket Potato with Baked Beans Ve

Vegetables
- Sweetcorn Ve

Dessert
- Chocolate Rice Krispie Cake (G) V

Tuesday

Main Meals
- Beef Bolognaise (C) with Spaghetti (G)
- Vegan Bolognaise (SO,g) with Spaghetti (G) Ve
- Jacket Potato with Cheese (MK) V

Vegetables
- Peas Ve

Dessert
- Carrot Cake (G,E) V

Wednesday

Main Meals
- Roast Chicken with Roast Potatoes & Gravy
- Macaroni & Cheese (G,MK) V
- Jacket Potato with Salmon Mayonnaise (E,F)

Vegetables
- Seasonal Greens Ve

Dessert
- Vanilla Ice Cream (MK) V

Thursday

Main Meals
- Chicken Fajita Wrap (G)
- Vegetable & Bean Burrito (G,SO) Ve
- Pasta (G) with Roasted Tomato & Basil Sauce Ve

Vegetables
- Steamed Carrots Ve

Dessert
- Maryland Cookie (G,mk) V

Friday

Main Meals
- Breaded Fish Fingers (G,F)
- Vegetable & Bean Chimichangas (G,MK,C) V
- Pasta (G) with Cheese Sauce (G,MK) V

Vegetables
- Chips & Baked Beans Ve

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)
- Vegetable Burger (G) in a Bun (G,se) Ve
- Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve

Vegetables
- Carrot Sticks Ve

Dessert
- Lemon Drizzle Sponge (G,E) V

Tuesday

Main Meals
- Beef Lasagne (G,MK,e)
- Vegetable Fajita Wrap (G,SO) 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
- 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
- Vegetable Pasanda (MU) with Rice Ve
- Pasta (G) with Tomato & Vegetable Sauce (g) Ve

Vegetables
- Broccoli Ve

Dessert
- Apple Crumble (G) Ve with Custard (MK) V

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

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
- Vegan Sausages (G) with Mashed Potato & Gravy Ve
- Pasta (G) with Cheese Sauce (G,MK) V

Vegetables
- Peas Ve

Dessert
- Apple & Carrot Flapjack (G) Ve

Tuesday

Main Meals
- Beef Chilli (C,g) with Steamed Rice
- Vegetable Chilli (SO,C,g) with Steamed Rice Ve
- Jacket Potato with Cheese (MK) V

Vegetables
- Steamed Carrots Ve

Dessert
- Chocolate & Beetroot Brownie (G,E) V

Wednesday

Main Meals
- Sticky Glazed Chicken
- Margherita Pizza (G,SO,MK,e) V
- Pasta (G) with Tomato & Basil Sauce (g) Ve

Vegetables
- Spicy Potato Wedges Ve & Coleslaw (E) V

Dessert
- Cherry Cornflake Cake (G,SU) V

Thursday

Main Meals
- Chicken & Vegetable Chow Mein (G,E,SO,C)
- Vegetable Pasta Bake (G,MK,C) V
- Jacket Potato with Baked Beans Ve

Vegetables
- Pan Fried Leeks Ve

Dessert
- Vanilla Ice Cream (MK) V

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 Kingswood
February 2023
All products are subject to availability

pabulummmm
HONESTLY GOOD FOOD