

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

Week 1

Monday	<b>Main Meals</b> BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges	<b>Vegetables</b> Sweetcorn <b>Ve</b>
	Margherita Pizza (G,SO,MK,e) 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> Carrot Cake (G,E) <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 Salmon Mayonnaise (E,F)	
Thursday	<b>Main Meals</b> Chicken Fajita Wrap (G)	<b>Vegetables</b> Steamed Carrots <b>Ve</b>
	Vegetable & Bean Burrito (G,SO) <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,E) <b>V</b>
	Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	
<b>Freshly Baked Bread:</b> Pesto Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		

Week 1:

9<sup>th</sup> October, 30<sup>th</sup> October, 20<sup>th</sup> November, 11<sup>th</sup> 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	<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,E) <b>V</b>
	Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) <b>Ve</b>	
Tuesday	<b>Main Meals</b> Beef Lasagne (G,MK,e)	<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> Lemon & Thyme Roast Chicken 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 Tikka Masala (MU) & Rice	<b>Vegetables</b> Broccoli <b>Ve</b>
	Vegetable Pasanda (MU) with Rice <b>Ve</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> Apple & Parsnip Cake (G,E) <b>V</b>
	Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	
<b>Freshly Baked Bread:</b> Tomato & Herb Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		

Week 2:

16<sup>th</sup> October, 6<sup>th</sup> November, 27<sup>th</sup> November, 18<sup>th</sup> December

## 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	<b>Main Meals</b> Chicken and Beef Sausages 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> Chocolate & Beetroot Brownie (G,E) <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 <b>Ve</b> & Coleslaw (E) <b>V</b>
	Margherita Pizza (G,SO,MK,e) <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> Chicken & Vegetable Chow Mein (G,E,SO,C)	<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>	
<b>Freshly Baked Bread:</b> Garlic & Rosemary Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		

Week 3:

2<sup>nd</sup> October, 23<sup>rd</sup> October, 13<sup>th</sup> November, 4<sup>th</sup> 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 Kingswood  
October 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD