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

Week 1

Monday

Main Meals

Chicken & Beef Sausage with Mash & Onion Gravy

Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) V

Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

Sweetcorn & Peas Ve

Dessert

Vanilla Ice Cream (MK) with Fruit Compote V

Tuesday

Main Meals

Mild Chicken & Vegetable Curry (MU) with Steamed Rice

Sweet Potato & Vegetable Curry (C) with Steamed Rice Ve

Jacket Potato with Baked Beans Ve

Vegetables

Cauliflower & Green Beans Ve

Dessert

Fruit Burst Jelly Ve

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy

BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy Ve

Wholegrain Pasta (G) with Tomato Sauce (C) Ve

Vegetables

Seasonal Greens & Carrots Ve

Dessert

Apple & Oaty Topped Crumble (G) Ve with Custard (MK) V

Thursday

Main Meals

Beef Burger in a Bun (G,se)

Homemade Vegan Burger (g) in a Bun (G,se) Ve

Jacket Potato with Cheese (MK) V

Vegetables

Broccoli & Sweetcorn Ve

Dessert

Chocolate & Beetroot Brownie (G,E) V

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips

Vegetable Burrito Wrap (G,SO) Ve

Pasta (G) with Tomato Sauce (C) Ve

Vegetables

Peas & Baked Beans Ve

Dessert

Maryland Cookie (G,mk) V

Freshly Baked Bread:

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

Week 1:
29th August, 19th September, 10th October, 31st October, 21st November, 12th December, 2nd January, 23rd January, 13th February

Week 2

Monday

Main Meals

BBQ Chicken Pizza (G,MK)

Margherita Pizza (G,MK) V

Jacket Potato with Tuna Mayonnaise (F,E)

Vegetables

Sweetcorn Ve & Coleslaw (E) V

Dessert

Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) V

Tuesday

Main Meals

Sweet & Sour Chicken (G,C) with Steamed Rice

Sweet & Sour Vegetables (G,C) with Steamed Rice Ve

Wholegrain Pasta (G) with Tomato Sauce (C) Ve

Vegetables

Cauliflower & Peas Ve

Dessert

Oat & Cherry Cookie (G,SU) Ve

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy

Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy V

Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

Seasonal Greens & Carrots Ve

Dessert

Banana Flapjack (G) Ve

Thursday

Main Meals

Beef & Bean Chilli (C,g) with Rice

Vegan Chilli Con Carne (SO,C,g) with Rice Ve

Jacket Potato with Baked Beans Ve

Vegetables

Broccoli & Sweetcorn Ve

Dessert

Apple & Parsnip Sponge (G,E) V

Friday

Main Meals

Battered Fish (G,F) with Oven Baked Chips

Vegetable Goujon with Oven Baked Chips Ve

Pasta (G) with Roasted Tomato Sauce Ve

Vegetables

Baked Beans & Peas Ve

Dessert

Vanilla Ice Cream (MK) with Peach Compote V

Freshly Baked Bread:

Carrot & Thyme Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:
5th September, 26th September, 17th October, 7th November, 28th November, 19th December, 9th January, 30th January, 20th February

Week 3

Monday

Main Meals

Cottage Pie topped with Sliced Sweet Potato (SU)

Macaroni & Cheese (G,MK) V

Jacket Potato with Baked Beans Ve

Vegetables

Peas & Carrots Ve

Dessert

Sticky Banana Bread (G,SO,MK,e) V

Tuesday

Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)

Vegetable Moussaka (G,SO,MK) V

Jacket Potato with Salmon Mayonnaise (F,E)

Vegetables

Cauliflower & Broccoli Ve

Dessert

Chocolate Shortbread (G) Ve

Wednesday

Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy

Roasted Ratatouille with Crumble (G) Ve

Wholegrain Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

Seasonal Greens & Mashed Swede Ve

Dessert

Mandarin Jelly Ve

Thursday

Main Meals

Beef Lasagne (G,MK,e)

Vegetable Lasagne (G,MK,e) V

Jacket Potato with Baked Beans Ve

Vegetables

Sweetcorn Ve & Coleslaw (E) V

Dessert

Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) V

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips

BBQ Vegetable Quesadilla (G,MK) V

Pasta (G) with Tomato Sauce (C) Ve

Vegetables

Baked Beans & Peas Ve

Dessert

Chocolate Mousse (MK) V

Freshly Baked Bread:

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

Week 3:
12th September, 3rd October, 24th October, 14th November, 5th December, 26th December, 16th January, 6th February, 27th February

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

All products are subject to availability.

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)

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.

BM2 Paxton Academy Winterbourne

September 2022

Available Every Day
Fresh Fruit Platter **Ve**
Homemade Fruit Yoghurt (SO,MK) **V**

pabulum
HONESTLY GOOD FOOD