

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

Week 1

Monday	<b>Main Meals</b>	Ham & Pineapple Pizza with Baked Jacket Wedges	<b>Vegetables</b>	Sweetcorn <b>Ve</b>
		Margherita Pizza with Baked Jacket Wedges <b>V</b>	<b>Dessert</b>	Chocolate Rice Krispie Cake <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b>		
Tuesday	<b>Main Meals</b>	Beef Meatballs with Tomato Sauce & Penne Pasta	<b>Vegetables</b>	Peas <b>Ve</b>
		Sweet Potato & Chickpea Curry with Yellow Rice <b>Ve</b>	<b>Dessert</b>	Carrot Cake <b>V</b>
		Jacket Potato with Cheese <b>V</b>		
Wednesday	<b>Main Meals</b>	Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b>	Seasonal Greens <b>Ve</b>
		Macaroni & Cheese <b>V</b>	<b>Dessert</b>	Vanilla Ice Cream <b>V</b>
		Jacket Potato with Salmon Mayonnaise		
Thursday	<b>Main Meals</b>	Chicken Tikka Masala & Rice	<b>Vegetables</b>	Steamed Carrots <b>Ve</b>
		Vegetable Pasanda with Rice <b>Ve</b>	<b>Dessert</b>	Maryland Cookie <b>V</b>
		Pasta with Roasted Tomato & Basil Sauce <b>Ve</b>		
Friday	<b>Main Meals</b>	Breaded Fish Fingers	<b>Vegetables</b>	Chips & Baked Beans <b>Ve</b>
		Vegetable & Bean Chimichangas <b>V</b>	<b>Dessert</b>	Chocolate & Courgette Sponge <b>V</b>
		Pasta with Cheese Sauce <b>V</b>		

Freshly Baked Bread: Pesto Bread **V** Wholemeal Bread **V**

Week 1:  
9<sup>th</sup> October, 30<sup>th</sup> October, 20<sup>th</sup> November, 11<sup>th</sup> December

Week 2

Monday	<b>Main Meals</b>	Beef Burger in a Bun with Baked Jacket Wedges	<b>Vegetables</b>	Carrot Sticks <b>Ve</b>
		Vegetable Burger in a Bun with Baked Jacket Wedges <b>Ve</b>	<b>Dessert</b>	Lemon Drizzle Sponge <b>V</b>
		Wholewheat Pasta with Arrabiatta Sauce <b>Ve</b>		
Tuesday	<b>Main Meals</b>	BBQ Pulled Pork with a Wrap	<b>Vegetables</b>	Sweetcorn <b>Ve</b>
		Vegetable Fajita Wrap <b>Ve</b>	<b>Dessert</b>	Flapjack <b>Ve</b>
		Jacket Potato with Cheese <b>V</b>		
Wednesday	<b>Main Meals</b>	Honey Roast Gammon with Roast Potatoes & Gravy	<b>Vegetables</b>	Pan Fried Leeks <b>Ve</b>
		Ratatouille Pasta Bake <b>Ve</b>	<b>Dessert</b>	Orange Shortbread Biscuit <b>Ve</b>
		Jacket Potato with Baked Beans <b>Ve</b>		
Thursday	<b>Main Meals</b>	Creamy Pesto Chicken with Fusilli Pasta	<b>Vegetables</b>	Broccoli <b>Ve</b>
		Vegetable Pasta Bake <b>V</b>	<b>Dessert</b>	Apple Crumble <b>Ve</b> with Custard <b>V</b>
		Pasta with Tomato & Vegetable Sauce <b>Ve</b>		
Friday	<b>Main Meals</b>	Breaded Fish Fingers	<b>Vegetables</b>	Chips & Baked Beans <b>Ve</b>
		Spiced Squash & Spinach Samosa <b>Ve</b>	<b>Dessert</b>	Apple & Parsnip Cake <b>V</b>
		Pasta with Cheese Sauce <b>V</b>		

Freshly Baked Bread:

Tomato & Herb Bread **V** Wholemeal Bread **V**

Week 2:  
16<sup>th</sup> October, 6<sup>th</sup> November, 27<sup>th</sup> November, 18<sup>th</sup> December

Week 3

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

Monday	<b>Main Meals</b>	Cumberland Sausages with Mashed Potato & Gravy	<b>Vegetables</b>	Peas <b>Ve</b>
		Vegan Sausages with Mashed Potato & Gravy <b>Ve</b>	<b>Dessert</b>	Apple & Carrot Flapjack <b>Ve</b>
		Pasta with Cheese Sauce <b>V</b>		
Tuesday	<b>Main Meals</b>	Beef Bolognese with Spaghetti	<b>Vegetables</b>	Steamed Carrots <b>Ve</b>
		Vegan Bolognese with Spaghetti <b>Ve</b>	<b>Dessert</b>	Chocolate & Beetroot Brownie <b>V</b>
		Jacket Potato with Cheese <b>V</b>		
Wednesday	<b>Main Meals</b>	Sticky Glazed Chicken	<b>Vegetables</b>	Spicy Potato Wedges <b>Ve</b> & Coleslaw <b>V</b>
		Margherita Pizza <b>V</b>	<b>Dessert</b>	Cherry Cornflake Cake <b>V</b>
		Pasta with Tomato & Basil Sauce <b>Ve</b>		
Thursday	<b>Main Meals</b>	Chicken & Vegetable Chow Mein	<b>Vegetables</b>	Pan Fried Leeks <b>Ve</b>
		Mushroom & Vegetable Chow Mein <b>V</b>	<b>Dessert</b>	Vanilla Ice Cream <b>V</b>
		Jacket Potato with Baked Beans <b>Ve</b>		
Friday	<b>Main Meals</b>	Breaded Fish Fingers	<b>Vegetables</b>	Chips & Baked Beans <b>Ve</b>
		Vegetable & Bean Stuffed Pitta Pocket <b>Ve</b>	<b>Dessert</b>	Chocolate Shortbread Biscuit <b>Ve</b>
		Pasta with Tomato & Lentil Sauce <b>Ve</b>		

Freshly Baked Bread:

Garlic & Rosemary Bread **V** Wholemeal Bread **V**

Week 3:  
2<sup>nd</sup> October, 23<sup>rd</sup> October, 13<sup>th</sup> November, 4<sup>th</sup> December

## Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our 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 **V** or Jelly **Ve**



BM1 Barnes Farm  
Oct 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD