

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

Week 1

Monday

## Main Meals

Baked Sausages (G,SU) with Crushed Potatoes & Gravy  
3 Veg Macaroni Cheese (G,MK)  
Pasta (G) with Tomato & Basil Sauce

## Sandwiches

Chicken Mayonnaise Baguette (G,E,so)  
Cheese Salad Wrap (G,MK)

## Served with

Baked Beans & Peas

## Dessert

Chocolate Brownie (G,E)

Tuesday

## Main Meals

Traditional Beef Lasagne (G,MK,e)  
Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice  
Jacket Potato with Baked Beans

## Sandwiches

Ham Sandwich (G,SO)  
Cheese & Tomato Bloomer (G,MK)

## Served with

Sweetcorn & Broccoli

## Dessert

Oat Cookie (G)

Wednesday

## Main Meals

Roast Chicken Fillets with Gravy  
Vegan Squash, Sweet Potato & Bean Hot Pot  
Pasta (G) with Tomato & Basil Sauce

## Sandwiches

Tuna & Sweetcorn Baguette (G,F,E,so)  
Cheese Sandwich (G,SO,MK)

## Served with

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Vanilla Ice Cream (MK)

Thursday

## Main Meals

Beef & Vegetable Ragu with Penne Pasta (G)  
Vegetable Chow Mein (G,E,SO)  
Jacket Potato with Cheddar Cheese (MK)

## Sandwiches

Tuna Mayonnaise Sandwich (G,F,E,so)  
Cheese Salad Wrap (G,MK)

## Served with

Cauliflower & Roasted Carrots

## Dessert

Apple Sponge (G,E)

Friday

## Main Meals

Fish Fingers (G,F), Chips & Ketchup  
Vegan Vegetable Fingers, Chips & Ketchup  
Pasta (G) with Tomato & Basil Sauce

## Sandwiches

Ham Sandwich (G,SO)  
Egg Mayo Baguette (G,E,so)

## Served with

Baked Beans & Peas

## Dessert

Fruit Jelly

### Freshly Baked Bread:

Tomato & Rosemary Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 17<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar, 21<sup>st</sup> Apr, 12<sup>th</sup> May, 2<sup>nd</sup> Jun, 23<sup>rd</sup> Jun, 14<sup>th</sup> Jul

Week 2

Monday

## Main Meals

Beef Bolognese & Penne Pasta Bake (G,MK)  
Vegan Bolognese (SO,g) with Spaghetti (G)  
Jacket Potato with Baked Beans

## Sandwiches

Cheese Sandwich (G,SO,MK)  
Ham Salad Wrap (G)

## Served with

Cauliflower & Green Beans

## Dessert

Maryland Cookie (G,mk)

Tuesday

## Main Meals

Caribbean Chicken & Sweet Potato Curry with Steamed Rice  
Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)  
Pasta (G) with Squash & Tomato Sauce

## Sandwiches

Egg Mayonnaise Sandwich (G,E,SO)  
Cheese Salad Wrap (G,MK)

## Served with

Carrots & Peas

## Dessert

Apple Flapjack (G)

Wednesday

## Main Meals

Honey Roast Gammon with Gravy  
Vegan Bombay Chickpea Burrito (G)  
Pasta (G) with Squash & Tomato Sauce

## Sandwiches

Cheese & Tomato Bloomer (G,MK)  
Ham Sandwich (G,SO)

## Served with

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Banana & Cinnamon Sponge (G,E)

Thursday

## Main Meals

Spiced Tex Mex Chicken with Wraps (G)  
Vegan Vegetable & Chickpea Ragu with Penne Pasta (G)  
Jacket Potato with Cheddar Cheese (MK)

## Sandwiches

Cheese Sandwich (G,SO,MK)  
Chicken Mayonnaise Baguette (G,E,so)

## Served with

Broccoli & Sweetcorn

## Dessert

Cherry Shortbread (G,SU)

Friday

## Main Meals

Fish Fingers (G,F), Chips & Ketchup  
Vegan Boston BBQ 3 Bean Stew with Baked Jackets  
Pasta (G) with Squash & Tomato Sauce

## Sandwiches

Egg Mayonnaise Sandwich (G,E,SO)  
Ham Salad Baguette (G,so)

## Served with

Baked Beans & Peas

## Dessert

Vanilla Ice Cream (MK)

Freshly Baked Bread: Beetroot & Herb (G,SO,MK,e) or Wholemeal Bread(G,SO,MK,e)

Week 2: 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> Apr, 28<sup>th</sup> Apr, 19<sup>th</sup> May, 9<sup>th</sup> Jun, 30<sup>th</sup> Jun, 21<sup>st</sup> Jul

Week 3

Monday

## Main Meals

Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges  
Margherita Pizza (G,SO,MK,e) with Baked Wedges  
Pasta (G) with Tomato & Vegetable Sauce

## Sandwiches

Ham Salad Wrap (G)  
Cheese & Tomato Bloomer (G,MK)

## Served with

Classic Coleslaw (E) & Sweetcorn

## Dessert

Cinnamon Apple Crumble (G) with Custard (MK)

Tuesday

## Main Meals

Beef & Bean Chilli with Steamed Rice  
Vegan Bean Chilli (SO) with Steamed Rice  
Jacket Potato with Baked Beans

## Sandwiches

Tuna & Sweetcorn Baguette (G,F,E,so)  
Cheese Sandwich (G,SO,MK)

## Served with

Broccoli & Cauliflower

## Dessert

Sultana & Oat Cookie (G)

Wednesday

## Main Meals

Slow Roast Beef & Root Vegetables with Gravy  
Vegan Country Vegetable & Bean Pie (G)  
Pasta (G) with Tomato & Vegetable Sauce

## Sandwiches

Tuna Mayonnaise Sandwich (G,F,E,SO)  
Cheese Salad Wrap (G,MK)

## Served with

Broccoli & Cauliflower

## Dessert

Fruit Jelly

Thursday

## Main Meals

Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)  
Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice  
Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans

## Sandwiches

Chicken Mayonnaise Baguette (G,E,so)  
Ham Sandwich (G,SO,MK)

## Served with

Cauliflower & Roasted Carrots

## Dessert

Orange Drizzle Cake (G,E)

Friday

## Main Meals

Fish Fingers (G,F), Chips & Ketchup  
Mexican Roasted Vegetable & Bean Quesadilla (G)  
Wholewheat Pasta (G) with Tomato & Vegetable Sauce

## Sandwiches

Ham Salad Bloomer (G)  
Cheese Sandwich (G,MK,SO)

## Served with

Baked Beans & Peas

## Dessert

Chocolate & Courgette Rice Krispie Cake (G)

Freshly Baked Bread: Pesto & Garlic (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr, 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> Jun, 7<sup>th</sup> Jul, 28<sup>th</sup> Jul

### 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, Yoghurt (SO,MK) or Jelly



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)

BM1Hamstel  
Jan 2025

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD