

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

Week 1

Monday	Main Meals	Tex Mex Vegetarian Sausage Hot Pot (G) Ve	Served with	Sweetcorn Ve
		Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Jacket Potato with Baked Beans Ve		
Tuesday	Main Meals	Beef Bolognese (C) with Spaghetti (G)	Served with	Peas Ve
		Vegan Bolognese (SO,g) with Spaghetti (G) Ve	Dessert	Carrot Cake (G,E) V
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Served with	Seasonal Greens Ve
		Macaroni & Cheese (G,MK) V	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Jacket Potato with Salmon Mayonnaise (E,F)		
Thursday	Main Meals	Chicken Fajita Wrap (G)	Served with	Steamed Carrots Ve
		Vegetable & Bean Burrito (G,SO) Ve	Dessert	Maryland Cookie (G,mk) V
		Pasta (G) with Roasted Tomato & Basil Sauce Ve		
Friday	Main Meals	Breaded Fish Fingers (G,F)	Served with	Chips & Baked Beans Ve
		Vegetable & Bean Chimichangas (G,MK,C) V	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Pasta (G) with Cheese Sauce (G,MK) V		
Freshly Baked Bread: Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V				

Week 1:

28th August, 18th September, 9th October, 30th October, 20th November, 11th 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	Main Meals	Sweet & Sour Vegetables (G,SO,C) with Steamed Rice Ve	Served with	Carrot Sticks Ve
		Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve		
Tuesday	Main Meals	Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G)	Served with	Sweetcorn Ve
		Vegetable Fajita Wrap (G,SO) Ve	Dessert	Flapjack (G) Ve
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	Served with	Pan Fried Leeks Ve
		Ratatouille Pasta Bake (G) Ve	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Jacket Potato with Baked Beans Ve		
Thursday	Main Meals	Chicken Tikka Masala (MU) & Rice	Served with	Broccoli Ve
		Vegetable Pasanda (MU) with Rice Ve	Dessert	Apple Crumble (G) Ve with Custard (MK) V
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve		
Friday	Main Meals	Breaded Fish Fingers (G,F)	Served with	Chips & Baked Beans Ve
		Spiced Squash & Spinach Samosa (G) Ve	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Pasta (G) with Cheese Sauce (G,MK) V		
Freshly Baked Bread: Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V				

Week 2:

4th September, 25th September, 16th October, 6th November, 27th November, 18th 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	Main Meals	Cauliflower & Cheese Bake (G,MK) with Mashed Potato V	Served with	Peas Ve
		Vegan Sausages (G) with Mashed Potato & Gravy Ve	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Pasta (G) with Cheese Sauce (G,MK) V		
Tuesday	Main Meals	Beef Chilli (C,g) with Steamed Rice	Served with	Steamed Carrots Ve
		Vegetable Chilli (SO,C,g) with Steamed Rice Ve	Dessert	Chocolate & Beetroot Brownie (G,E) V
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Sticky Glazed Chicken	Served with	Spicy Potato Wedges Ve & Coleslaw (E) V
		Margherita Pizza (G,SO,MK,e) V	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Pasta (G) with Tomato & Basil Sauce (g) Ve		
Thursday	Main Meals	Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	Served with	Pan Fried Leeks Ve
		Vegetable Pasta Bake (G,MK,C) V	Dessert	Vanilla Ice Cream (MK) V
		Jacket Potato with Baked Beans Ve		
Friday	Main Meals	Breaded Fish Fingers (G,F)	Served with	Chips & Baked Beans Ve
		Vegetable & Bean Stuffed Pitta Pocket (G) Ve	Dessert	Fresh Fruit Ve , Yoghurt (SO,MK) V or Jelly Ve
		Pasta (G) with Tomato & Lentil Sauce (C,g) Ve		
Freshly Baked Bread: Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V				

Week 3:

11th September, 2nd October, 23rd October, 13th November, 4th 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 Muswell Hill
Sept 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD