

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

Monday

## Main Meals

Sausage (G,SU) & Mash with Gravy  
Vegetarian Sausage (G,C) with Mash & Gravy **Ve**  
Pasta (G) with Cheese Sauce (G,MK) **V**

## Vegetables

Sweetcorn & Peas **Ve**  
**Dessert**  
Waffles (G,E,SO,mk) with Berry Compote **V**

Tuesday

## Main Meals

Sweet & Sour Chicken (G,C) with Steamed Rice  
Sweet & Sour Vegetables (G,C) with Steamed Rice **Ve**  
Jacket Potato with Baked Beans **Ve**

## Vegetables

Cauliflower & Green Beans **Ve**  
**Dessert**  
Fruit Burst Jelly **Ve**

Wednesday

## Main Meals

Honey Roast Gammon 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**

Thursday

## Main Meals

Beef Bolognese (C) with Spaghetti (G)  
Vegan Bolognese (SO,g) with Spaghetti (G) **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 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:

29<sup>th</sup> August, 19<sup>th</sup> September, 10<sup>th</sup> October, 31<sup>st</sup> October, 21<sup>st</sup> November, 12<sup>th</sup> December, 2<sup>nd</sup> January, 23<sup>rd</sup> January, 13<sup>th</sup> February

Monday

## Main Meals

Pepperoni 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) **V**

Tuesday

## Main Meals

Chicken & Vegetable Casserole (C) with Mashed Potato  
Root Vegetable & Bean Casserole (C) with Mashed Potato **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  
Roasted Quorn Fillet (G) 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 Lasagne (G,MK,e)  
Vegetable Lasagne (G,MK,e) **V**  
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 Chips  
Vegetable Goujon with Chips **Ve**  
Pasta (G) with Roasted Tomato Sauce **Ve**

## Vegetables

Baked Beans & Peas **Ve**  
**Dessert**  
Strawberry Jelly **Ve**

### Freshly Baked Bread:

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

### Week 2:

5<sup>th</sup> September, 26<sup>th</sup> September, 17<sup>th</sup> October, 7<sup>th</sup> November, 28<sup>th</sup> November, 19<sup>th</sup> December, 9<sup>th</sup> January, 30<sup>th</sup> January, 20<sup>th</sup> February

Monday

## Main Meals

Ham & Leek Macaroni Cheese Bake (G,MK)  
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), Baked Beans **Ve** or Cheese (MK) **V**

## Vegetables

Cauliflower & Broccoli **Ve**  
**Dessert**  
Chocolate Shortbread (G) **Ve**

Wednesday

## Main Meals

Thyme Roast Chicken 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 Burger in a Bun (G,se)  
Homemade Vegan Burger (g) in a Bun (G,Se) **Ve**  
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 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:

12<sup>th</sup> September, 3<sup>rd</sup> October, 24<sup>th</sup> October, 14<sup>th</sup> November, 5<sup>th</sup> December, 26<sup>th</sup> December, 16<sup>th</sup> January, 6<sup>th</sup> February, 27<sup>th</sup> February

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

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.

BM1 Perryfields  
Available Every Day  
Fresh Fruit Platter **Ve**

September 2022

**pabulummm**  
HONESTLY GOOD FOOD

All products are subject to availability.