

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

Week 1

Monday

Main Meals
Ham & Pineapple Pizza (G,SO,MK,e) with Baked Jacket Wedges

Vegetables
Sweetcorn **Ve**

Dessert
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges **V**

Jacket Potato with Baked Beans **Ve**

Tuesday

Main Meals
Beef Bolognese (C) with Spaghetti (G)

Vegetables
Peas **Ve**

Dessert
Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**

Jacket Potato with Cheese (MK) **V**

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy

Vegetables
Seasonal Greens **Ve**

Dessert
Macaroni & Cheese (G,MK) **V**

Jacket Potato with Baked Beans **Ve** or Salmon Mayonnaise (E,F)

Thursday

Main Meals
Chicken Fajita Wrap (G)

Vegetables
Steamed Carrots **Ve**

Dessert
Vegetable & Bean Burrito (G,SO) **Ve**

Pasta (G) with Roasted Tomato & Basil Sauce **Ve**

Maryland Cookie (G,mk) **V**

Friday

Main Meals
Breaded Fish Fingers (G,F)

Vegetables
Chips & Baked Beans **Ve**

Dessert
Vegetable Fingers **Ve**

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

Chocolate & Courgette Sponge (G,E) **V**

Freshly Baked Bread: Pesto Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 1:

9th October, 30th October, 20th November, 11th December

Available Every Day:
Fresh Fruit **Ve**
Jelly **Ve**

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.

Week 2

Monday

Main Meals
Beef Burger in a Bun (G,se) with Baked Jacket Wedges

Vegetables
Carrot Sticks **Ve**

Dessert
Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges **Ve**

Lemon Drizzle Sponge (G,E) **V**

Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) **Ve**

Tuesday

Main Meals
Beef Lasagne (G,MK,e)

Vegetables
Sweetcorn **Ve**

Dessert
Vegetable Lasagne (G,SO,MK,e) **V**

Jacket Potato with Cheese (MK) **V**

Flapjack (G) **Ve**

Wednesday

Main Meals
Honey Roast Gammon with Roast Potatoes & Gravy

Vegetables
Pan Fried Leeks **Ve**

Dessert
Ratatouille Pasta Bake (G) **Ve**

Jacket Potato with Baked Beans **Ve**

Orange Shortbread Biscuit (G) **Ve**

Thursday

Main Meals
Chicken Tikka Masala (MU) & Rice

Vegetables
Broccoli **Ve**

Dessert
Vegetable Pasanda (MU) with Rice **Ve**

Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

Apple Crumble (G) **Ve** with Custard (MK) **V**

Friday

Main Meals
Breaded Fish Fingers (G,F)

Vegetables
Chips & Baked Beans **Ve**

Dessert
Spiced Squash & Spinach Samosa (G) **Ve**

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

Apple & Parsnip Cake (G,E) **V**

Freshly Baked Bread:

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

Week 2:

16th October, 6th November, 27th November, 18th December

Week 3

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

Monday

Main Meals
Cumberland Sausages (G,SU) with Mashed Potato & Gravy

Vegetables
Peas **Ve**

Dessert
Vegan Sausages (G) with Mashed Potato & Gravy **Ve**

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

Tuesday

Main Meals
Beef Chilli (C,g) with Steamed Rice

Vegetables
Steamed Carrots **Ve**

Dessert
Vegetable Chilli (SO,C,g) with Steamed Rice **Ve**

Jacket Potato with Cheese (MK) **V**

Chocolate & Beetroot Brownie (G,E) **V**

Wednesday

Main Meals
Sticky Glazed Chicken

Vegetables
Spicy Potato Wedges **Ve** & Coleslaw (E) **V**

Dessert
Margherita Pizza (G,SO,MK,e) **V**

Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Cherry Cornflake Cake (G,SU) **V**

Thursday

Main Meals
Creamy Chicken (G,MK) with Fusilli Pasta (G)

Vegetables
Pan Fried Leeks **Ve**

Dessert
Vegetable Pasta Bake (G,MK,C) **V**

Jacket Potato with Baked Beans **Ve**

Syrup Sponge (G,E) **V**

Friday

Main Meals
Breaded Fish Fingers (G,F)

Vegetables
Chips & Baked Beans **Ve**

Dessert
Vegetable & Bean Stuffed Pitta Pocket (G) **Ve**

Pasta (G) with Tomato & Lentil Sauce (C,g) **Ve**

Chocolate Shortbread Biscuit (G) **Ve**

Freshly Baked Bread:

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

Week 3:

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)

BM1 Perryfields
Oct 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

