

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

Week 1

Monday	Main Meals Sausages (G,SU) with Crushed Potatoes & Gravy Vegan Sausages (SO) with Crushed Potatoes & Gravy Pasta (G) with Tomato & Basil Sauce	Served With Baked Beans & Peas Dessert Chocolate Brownie (G,E)
	Main Meals Traditional Beef Lasagne (G,MK,e) Vegetable Lasagne (G,SO,MK,e) Jacket Potato with Baked Beans	Served With Sweetcorn & Broccoli Dessert Courgette & Oat Cookie (G)
	Main Meals Roast Chicken Fillets with Gravy Vegetable Quiche (G,E,MK) Pasta (G) with Tomato & Basil Sauce	Served With Roast Potatoes, Seasonal Greens & Carrots Dessert Banana Flapjack (G)
Tuesday	Main Meals Homemade Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges Margherita Pizza (G,SO,MK,e) with Baked Wedges Jacket Potato with Cheddar Cheese (MK)	Served With Classic Coleslaw (E) & Sweetcorn Dessert Apple & Parsnip Sponge (G,E)
	Main Meals Fish Fingers (G,F), Chips & Ketchup Vegan Vegetable Fingers, Chips & Ketchup Pasta (G) with Tomato & Basil Sauce	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: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

Week 2

Monday	Main Meals Beef Bolognese & Penne Pasta Bake (G,MK) Vegan Bolognese (SO,g) with Penne Pasta (G) Jacket Potato with Baked Beans	Served With Cauliflower & Green Beans Dessert Maryland Cookie (G,mk)
	Main Meals Beef & Bean Chilli with Steamed Rice Vegan Bean Chilli (SO) with Steamed Rice Pasta (G) with Squash & Tomato Sauce	Served With Carrots & Peas Dessert Carrot & Apple Flapjack (G)
	Main Meals Honey Roast Gammon with Gravy Vegan Bombay Chickpea Burrito (G) Pasta (G) with Squash & Tomato Sauce	Served With Roast Potatoes, Seasonal Greens & Carrots Dessert Banana & Cinnamon Sponge (G,E)
Tuesday	Main Meals Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges Margherita Pizza (G,SO,MK,e) with Baked Wedges Jacket Potato with Cheddar Cheese (MK)	Served With Broccoli & Sweetcorn Dessert Cherry Shortbread (G,SU)
	Main Meals Fish Fingers (G,F), Chips & Ketchup Vegan Vegetable Fingers, Chips & Ketchup Pasta (G) with Squash & Tomato Sauce	Served With Baked Beans & Peas Dessert Lemon Drizzle Cake (G,E)

Freshly Baked Bread:

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

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

Week 3

Monday	Main Meals Beef Pie (G) Macaroni & Cheese (G,MK) Pasta (G) with Tomato & Vegetable Sauce	Served With Classic Coleslaw (E) & Sweetcorn Dessert Cinnamon Apple Crumble (G) with Custard (MK)
	Main Meals Traditional Cottage Pie (g) Vegetable Chow Mein (G,E,SO) Jacket Potato with Baked Beans	Served With Broccoli & Cauliflower Dessert Sultana & Oat Cookie (G)
	Main Meals Slow Roast Beef & Root Vegetables with Gravy Vegan Country Vegetable & Bean Pie (G) Pasta (G) with Tomato & Vegetable Sauce	Served With Roast Potatoes, Seasonal Greens & Carrots Dessert Fruit Jelly
Tuesday	Main Meals Homemade BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges Margherita Pizza (G,SO,MK,e) with Baked Wedges Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans	Served With Cauliflower & Roasted Carrots Dessert Orange Drizzle Cake (G,E)
	Main Meals Fish Fingers (G,F), Chips & Ketchup Mexican Roasted Vegetable & Bean Quesadilla (G) Wholewheat Pasta (G) with Tomato & Vegetable Sauce	Served With Baked Beans & Peas Dessert Chocolate & Courgette Rice Krispie Cake (G)

Freshly Baked Bread:

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

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

BM1Perryfields
Jan 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD