

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

Monday

## Main Meals

Mediterranean Chicken & Vegetables with Cous Cous (G,so)

Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) ✓

Pasta (G) with Cheese Sauce (G,MK) ✓

## Vegetables

Sweetcorn & Peas ✓

## Dessert

Vanilla Ice Cream (MK) with Fruit Compote ✓

Tuesday

## Main Meals

Mild Turkey & Vegetable Curry (MU) with Steamed Rice

Sweet Potato & Vegetable Curry (C) with Steamed Rice ✓

Jacket Potato with Baked Beans ✓

## Vegetables

Cauliflower & Green Beans ✓

## Dessert

Fruit Burst Jelly ✓

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy

BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy ✓

Wholegrain Pasta (G) with Tomato Sauce (C) ✓

## Vegetables

Seasonal Greens & Carrots ✓

## Dessert

Apple & Oaty Topped Crumble (G) ✓ with Custard (MK) ✓

Thursday

## Main Meals

Lamb Bolognese (g) with Spaghetti (G)

Homemade Vegan Burger (g) in a Bun (G,se) ✓

Jacket Potato with Cheese (MK) ✓

## Vegetables

Broccoli & Sweetcorn ✓

## Dessert

Chocolate & Beetroot Brownie (G,E) ✓

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips

Vegetable Burrito Wrap (G,SO) ✓

Pasta (G) with Tomato Sauce (C) ✓

## Vegetables

Peas & Baked Beans ✓

## Dessert

Maryland Cookie (G,mk) ✓

### Freshly Baked Bread:

Garlic & Herb Bread (G,SO,MK,e) ✓ Wholemeal Bread (G,SO,MK,e) ✓

### 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

BBQ Chicken Pizza (G,MK)

Margherita Pizza (G,MK) ✓

Jacket Potato with Tuna Mayonnaise (F,E)

## Vegetables

Sweetcorn ✓ & Coleslaw (E) ✓

## Dessert

Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) ✓

Tuesday

## Main Meals

Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)

Sweet & Sour Vegetables (G,C) with Steamed Rice ✓

Wholegrain Pasta (G) with Tomato Sauce (C) ✓

## Vegetables

Cauliflower & Peas ✓

## Dessert

Oat & Cherry Cookie (G,SU) ✓

Wednesday

## Main Meals

Roast Chicken Drumsticks with Roast Potatoes & Gravy

Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy ✓

Pasta (G) with Cheese Sauce (G,MK) ✓

## Vegetables

Seasonal Greens & Carrots ✓

## Dessert

Banana Flapjack (G) ✓

Thursday

## Main Meals

Turkey & Bean Chilli (C,g) with Rice

Vegan Chilli Con Carne (SO,C,g) with Rice ✓

Jacket Potato with Baked Beans ✓

## Vegetables

Broccoli & Sweetcorn ✓

## Dessert

Apple & Parsnip Sponge (G,E) ✓

Friday

## Main Meals

Battered Fish (G,F) with Oven Baked Chips

Vegetable Goujon with Oven Baked Chips ✓

Pasta (G) with Roasted Tomato Sauce ✓

## Vegetables

Baked Beans & Peas ✓

## Dessert

Vanilla Ice Cream (MK) with Peach Compote ✓

### Freshly Baked Bread:

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

### 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

Lamb Lasagne (G,MK,e)

Macaroni & Cheese (G,MK) ✓

Jacket Potato with Baked Beans ✓

## Vegetables

Peas & Carrots ✓

## Dessert

Sticky Banana Bread (G,SO,MK,e) ✓

Tuesday

## Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)

Vegetable Jambalaya (g) ✓

Jacket Potato with Salmon Mayonnaise (F,E)

## Vegetables

Cauliflower & Broccoli ✓

## Dessert

Chocolate Shortbread (G) ✓

Wednesday

## Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy

Roasted Ratatouille with Crumble (G) ✓

Wholegrain Pasta (G) with Cheese Sauce (G,MK) ✓

## Vegetables

Seasonal Greens & Mashed Swede ✓

## Dessert

Mandarin Jelly ✓

Thursday

## Main Meals

Chicken Burger in a Bun (G,se)

Vegan Bolognese (SO,g) with Spaghetti (G) ✓

Jacket Potato with Baked Beans ✓

## Vegetables

Sweetcorn ✓ & Coleslaw (E) ✓

## Dessert

Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) ✓

Friday

## Main Meals

Fish Fingers (G,F) with Oven Baked Chips

BBQ Vegetable Quesadilla (G,MK) ✓

Pasta (G) with Tomato Sauce (C) ✓

## Vegetables

Baked Beans & Peas ✓

## Dessert

Chocolate Mousse (MK) ✓

### Freshly Baked Bread:

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

### 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

✓ - Suitable for vegetarians  
✓<sub>v</sub> - 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.

BM3 Preston Park  
**Available Every Day**  
Fresh Fruit Platter ✓  
Homemade Fruit Yoghurt (SO,MK) ✓

September 2022

**pabulummm**  
HONESTLY GOOD FOOD

All products are subject to availability.