

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

Week 1

Monday	Main Meals BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges	Vegetables Sweetcorn Ve
	Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V	Dessert Chocolate Rice Krispie Cake (G) V
	Jacket Potato with Baked Beans Ve	
Tuesday	Main Meals Lamb Bolognese (g) with Spaghetti (G)	Vegetables 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 Drumstick with Roast Potatoes & Gravy	Vegetables Seasonal Greens Ve
	Macaroni & Cheese (G,MK) V	Dessert Vanilla Ice Cream (MK) V
	Jacket Potato with Salmon Mayonnaise (E,F)	
Thursday	Main Meals Chicken Fajita Wrap (G)	Vegetables 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)	Vegetables Chips & Baked Beans Ve
	Vegetable Fingers Ve	Dessert Chocolate & Courgette Sponge (G,E) V
	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:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th October

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 Chicken Burger in a Bun (G,se) with Baked Jacket Wedges	Vegetables Carrot Sticks Ve
	Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve	Dessert Lemon Drizzle Sponge (G,E) V
	Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	
Tuesday	Main Meals Lamb Lasagne (G,MK,e)	Vegetables 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 Drumstick with Roast Potatoes & Gravy	Vegetables Pan Fried Leeks Ve
	Mushroom & Vegetable Chow Mein (G,E,SO,C) V	Dessert Orange Shortbread Biscuit (G) Ve
	Jacket Potato with Baked Beans Ve	
Thursday	Main Meals Chicken Tikka Masala (MU) & Rice	Vegetables 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 Battered Fish (G,F)	Vegetables Chips & Baked Beans Ve
	Vegetable Fingers Ve	Dessert Apple & Parsnip Cake (G,E) V
	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:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October



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 Chicken & Vegetable Pie (G) with Mashed Potato & Gravy	Vegetables Peas Ve
	Vegan Sausages (G) with Mashed Potato & Gravy Ve	Dessert Apple & Carrot Flapjack (G) Ve
	Pasta (G) with Cheese Sauce (G,MK) V	
Tuesday	Main Meals Lamb Chilli (C,g) with Steamed Rice	Vegetables 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 Drumstick	Vegetables Spicy Potato Wedges Ve & Coleslaw (E) V
	Vegetable Frittata (E,MK,MU) V	Dessert Cherry Cornflake Cake (G,SU) V
	Pasta (G) with Tomato & Basil Sauce (g) Ve	
Thursday	Main Meals Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	Vegetables 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)	Vegetables Chips & Baked Beans Ve
	Vegetable Fingers Ve	Dessert Chocolate Shortbread Biscuit (G) 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:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd October

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)

BM3 Preston Park
February 2023

All products are subject to availability