

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

Week 1

Monday	Main Meals	BBQ Chicken Pizza (G,SO,MK,e)	Vegetables	Sweetcorn Ve
		Margherita Pizza (G,SO,MK,e) 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

Available Every Day:
Fresh Fruit **Ve**, Yoghurt (SO,MK) **V** or 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	Chicken Burger in a Bun (G,se)	Vegetables	Carrot Sticks Ve
		Vegetable Burger (G) in a Bun (G,se) 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
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All products are subject to availability