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

Week 1

Monday

Main Meals
- Lamb Bolognaise with Spaghetti (G)
- Vegan Bolognaise (SO,g) with Spaghetti (G)
- Baked Jackets with Grated Cheese (MK)

Served With
Peas

Dessert
Maryland Cookie (G,mk)

Tuesday

Main Meals
- Fajita Spiced Turkey & Vegetables with Steamed Rice
- Vegan Burrito (G,SO)
- Pasta (G) & Tomato Sauce

Served With
Carrots

Dessert
Apple Crumble (G) with Custard (MK)

Wednesday

Main Meals
- Roast Chicken with Roast Potatoes & Gravy
- Squash & Lentil Lasagne (G,MK,e)
- Baked Jackets with Baked Beans

Served With
Seasonal Greens

Dessert
Cherry Cornflake Cake (G,SU)

Thursday

Main Meals
- Lamb Chilli Con Carne with Steamed Rice
- Vegan Bean Chilli (SO) with Steamed Rice
- Pasta (G) & Tomato Sauce

Served With
Broccoli

Dessert
Chocolate & Pear Sponge (G,E)

Friday

Main Meals
- Breaded Fish Fingers (G,F) with Chips & Ketchup
- Vegan Goujons with Chips & Ketchup
- Baked Jackets with Grated Cheese (MK)

Served With
Baked Beans

Dessert
Banana Flapjack (G)

Freshly Baked Bread:
Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1:
27th May, 17th June, 8th July, 2nd Sept, 23rd Sept, 14th oct, 4th Nov, 25th Nov, 16th Dec

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

Week 2

Monday

Main Meals
- Caribbean Chicken Curry with Wraps (G)
- Vegan Sausage (SO) with Mashed Potato & Gravy
- Pasta (G) & Tomato Sauce

Served With
Sweetcorn

Dessert
Chocolate Rice Krispie Cake (G)

Tuesday

Main Meals
- Chicken & Sweetcorn Pasta (G,MK)
- Vegan Tomato & Mixed Bean Sauce with Fusilli (G)
- Baked Jackets with Grated Cheese (MK)

Served With
Carrots

Dessert
Mandarin Jelly

Wednesday

Main Meals
- Roast Turkey with Roast Potatoes & Gravy
- Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)
- Wholewheat Pasta (G) & Tomato Sauce

Served With
Seasonal Greens

Dessert
Vanilla Ice Cream (MK)

Thursday

Main Meals
- Lamb Keema with Turmeric Rice
- Vegan Layered Vegetable & Sweet Potato Bake
- Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)

Served With
Carrots

Dessert
Apple & Carrot Flapjack (G)

Friday

Main Meals
- Breaded Fish Fingers (G,F) with Chips & Ketchup
- Vegan Fajita Wrap (G) with Chips & Ketchup
- Pasta (G) & Tomato Sauce

Served With
Baked Beans

Dessert
Lemon Drizzle Sponge (G,E)

Freshly Baked Bread:
Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2:
3rd June, 24th June, 15th July, 9th Sept, 30th Sept, 21st oct, 11th Nov, 2nd Dec

Week 3

Monday

Main Meals
- Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)
- Vegan Roasted Ratatouille with Penne (G)
- Baked Jackets with Grated Cheese (MK)

Served With
Carrots

Dessert
Orange Shortbread Biscuit (G)

Tuesday

Main Meals
- BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges
- Margherita Pizza (G,SO,MK,e) with Baked Wedges
- Pasta (G) & Tomato Sauce

Served With
Sweetcorn

Dessert
Carrot Cake (G,E)

Wednesday

Main Meals
- Herby Roast Chicken with Roast Potatoes & Gravy
- 3 Vegetable Mac n' Cheese (G,MK)
- Baked Jackets with Baked Beans

Served With
Seasonal Greens

Dessert
Chocolate & Beetroot Brownie (G,E)

Thursday

Main Meals
- Macaroni & Cheese Lamb Bolognaise Bake (G,MK,C)
- Vegan Chickpea & Spinach Korma with Steamed Rice
- Pasta (G) & Tomato Sauce

Served With
Carrots

Dessert
Vanilla Ice Cream (MK)

Friday

Main Meals
- Breaded Fish Fingers (G,F) with Chips & Ketchup
- Vegan Bubble & Squeak with Chips & Ketchup
- Baked Jackets with Grated Cheese (MK)

Served With
Baked Beans

Dessert
Apple & Parsnip Cake (G,E)

Freshly Baked Bread:
Courgette & Tomato (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3:
10th June, 1st July, 22nd July, 16th Sept, 7th oct, 28th oct, 18th Nov, 9th Dec

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 PrestonPark
May 2024
All products are subject to availability

pabulummmm
HONESTLY GOOD FOOD