

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

## Week 1

Monday

### Main Meals

Ham & Pineapple Pizza (G,SO,MK,e) with Baked Jacket Wedges  
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges **V**  
Jacket Potato with Baked Beans **Ve**

### Sandwich

Cheese Sandwich (G,SO,MK) **V**

### Vegetables

Sweetcorn **Ve**

### Dessert

Chocolate Rice Krispie Cake (G) **V**

Tuesday

### Main Meals

Beef Bolognaise (C) with Spaghetti (G)  
Vegan Bolognaise (SO,g) with Spaghetti (G) **Ve**  
Jacket Potato with Cheese (MK) **V**

### Sandwich

Ham Sandwich (G,SO)

### Vegetables

Peas **Ve**

### Dessert

Carrot Cake (G,E) **V**

Wednesday

### Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Macaroni & Cheese (G,MK) **V**  
Jacket Potato with Salmon Mayonnaise (E,F)

### Sandwich

Tuna Sandwich (G,E,F,SO)

### Vegetables

Seasonal Greens **Ve**

### Dessert

Vanilla Ice Cream (MK) **V**

Thursday

### Main Meals

Chicken Fajita Wrap (G)  
Vegetable & Bean Burrito (G,SO) **Ve**  
Pasta (G) with Roasted Tomato & Basil Sauce **Ve**

### Sandwich

Cheese Sandwich (G,SO,MK) **V**

### Vegetables

Steamed Carrots **Ve**

### Dessert

Maryland Cookie (G,mk) **V**

Friday

### Main Meals

Breaded Fish Fingers (G,F)  
Vegetable & Bean Chimichangas(G,MK,C) **V**  
Pasta (G) with Cheese Sauce (G,MK) **V**

### Sandwich

Ham Sandwich (G,SO)

### Vegetables

Chips & Baked Beans **Ve**

### Dessert

Chocolate & Courgette Sponge (G,E) **V**

### Freshly Baked Bread:

Pesto Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 1:

9<sup>th</sup> October, 30<sup>th</sup> October, 20<sup>th</sup> November, 11<sup>th</sup> December

### 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

Beef Burger in a Bun (G,se) with Baked Jacket Wedges  
Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges **Ve**  
Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) **Ve**

### Sandwich

Cheese Sandwich (G,SO,MK) **V**

### Vegetables

Carrot Sticks **Ve**

### Dessert

Lemon Drizzle Sponge (G,E) **V**

Tuesday

### Main Meals

Sweet & Sour Pork (G,C) with Rice  
Vegetable Fajita Wrap (G,SO) **Ve**  
Jacket Potato with Cheese (MK) **V**

### Sandwich

Ham Sandwich (G,SO)

### Vegetables

Sweetcorn **Ve**

### Dessert

Flapjack (G) **Ve**

Wednesday

### Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Ratatouille Pasta Bake (G) **Ve**  
Jacket Potato with Baked Beans **Ve**

### Sandwich

Tuna Sandwich (G,E,F,SO)

### Vegetables

Pan Fried Leeks **Ve**

### Dessert

Orange Shortbread Biscuit (G) **Ve**

Thursday

### Main Meals

Chicken & Vegetable Chow Mein (G,E,SO,C)  
Vegetable Pasanda (MU) with Rice **Ve**  
Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

### Sandwich

Cheese Sandwich (G,SO,MK) **V**

### Vegetables

Broccoli **Ve**

### Dessert

Apple Crumble (G) **Ve** with Custard (MK) **V**

Friday

### Main Meals

Breaded Fish Fingers (G,F)  
Spiced Squash & Spinach Samosa (G) **Ve**  
Pasta (G) with Cheese Sauce (G,MK) **V**

### Sandwich

Ham Sandwich (G,SO)

### Vegetables

Chips & Baked Beans **Ve**

### Dessert

Apple & Parsnip Cake (G,E) **V**

### Freshly Baked Bread:

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

Week 2:

16<sup>th</sup> October, 6<sup>th</sup> November, 27<sup>th</sup> November, 18<sup>th</sup> December

## Week 3

**V** - Suitable for vegetarians

**Ve** - Suitable for vegans & vegetarians

Monday

### Main Meals

Cumberland Sausages (G,SU) with Mashed Potato & Gravy  
Vegan Sausages (G) with Mashed Potato & Gravy **Ve**  
Pasta (G) with Cheese Sauce (G,MK) **V**

### Sandwich

Cheese Sandwich (G,SO,MK) **V**

### Vegetables

Peas **Ve**

### Dessert

Apple & Carrot Flapjack (G) **Ve**

Tuesday

### Main Meals

Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G)  
Vegetable Chilli (SO,C,g) with Steamed Rice **Ve**  
Jacket Potato with Cheese (MK) **V**

### Sandwich

Ham Sandwich (G,SO)

### Vegetables

Steamed Carrots **Ve**

### Dessert

Chocolate & Beetroot Brownie (G,E) **V**

Wednesday

### Main Meals

Sticky Glazed Chicken  
Margherita Pizza (G,SO,MK,e) **V**  
Pasta (G) with Tomato & Basil Sauce (g) **Ve**

### Sandwich

Tuna Sandwich (G,E,F,SO)

### Vegetables

Spicy Potato Wedges **Ve** & Coleslaw (E) **V**

### Dessert

Cherry Cornflake Cake (G,SU) **V**

Thursday

### Main Meals

Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)  
Vegetable Pasta Bake (G,MK,C) **V**  
Jacket Potato with Baked Beans **Ve**

### Sandwich

Cheese Sandwich (G,SO,MK) **V**

### Vegetables

Pan Fried Leeks **Ve**

### Dessert

Vanilla Ice Cream (MK) **V**

Friday

### Main Meals

Breaded Fish Fingers (G,F)  
Vegetable & Bean Stuffed Pitta Pocket (G) **Ve**  
Pasta (G) with Tomato & Lentil Sauce (C,g) **Ve**

### Sandwich

Ham Sandwich (G,SO)

### Vegetables

Chips & Baked Beans **Ve**

### Dessert

Chocolate Shortbread Biscuit (G) **Ve**

### Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 3:

2<sup>nd</sup> October, 23<sup>rd</sup> October, 13<sup>th</sup> November, 4<sup>th</sup> December

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)

BM1 Great Berry  
Oct 2023

All products are subject  
to availability

**pabulummm**  
HONESTLY GOOD FOOD

