

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

Monday

## Main Meals

Sausage (G,SU) & Mash with Onion Gravy  
 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

Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)  
 Squash & Spinach Pattie with Jollof Rice (g) ✓  
 Jacket Potato with Baked Beans ✓

## Vegetables

Cauliflower & Green Beans ✓

## Dessert

Fruit Burst Jelly ✓

Wednesday

## Main Meals

Honey Roast Gammon 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

Beef Burger in a Bun (G,se)  
 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

Sweet & Sour Chicken (G,C) with Steamed Rice  
 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 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

Beef Lasagne (G,MK,e)  
 Vegetable Lasagne (G,MK,e) ✓  
 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

Cottage Pie topped with Sliced Sweet Potato (SU)  
 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

Beef Bolognese (C) with Spaghetti (G)  
 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  
 ✓ - 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.

BM1 Prince Avenue  
 Available Every Day  
 Fresh Fruit Platter ✓  
 Homemade Fruit Yoghurt (SO,MK) ✓

**pabulummm**  
 HONESTLY GOOD FOOD

September 2022

All products are subject to availability.