

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

Week 1

Monday	Main Meals	Ham & Pineapple Pizza (G,SO,MK,e) with Baked Jacket Wedges	Vegetables	Sweetcorn <i>Ve</i>
		Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges <i>V</i>	Dessert	Chocolate Rice Krispie Cake (G) <i>V</i>
		Jacket Potato with Baked Beans <i>Ve</i>		
Tuesday	Main Meals	Beef Bolognese (C) with Spaghetti (G)	Vegetables	Peas <i>Ve</i>
		Vegan Bolognese (SO,g) with Spaghetti (G) <i>Ve</i>	Dessert	Carrot Cake (G,E) <i>V</i>
		Jacket Potato with Cheese (MK) <i>V</i>		
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Vegetables	Seasonal Greens <i>Ve</i>
		Macaroni & Cheese (G,MK) <i>V</i>	Dessert	Vanilla Ice Cream (MK) <i>V</i>
		Jacket Potato with Salmon Mayonnaise (E,F)		
Thursday	Main Meals	Chicken Fajita Wrap (G)	Vegetables	Steamed Carrots <i>Ve</i>
		Vegetable & Bean Burrito (G,SO) <i>Ve</i>	Dessert	Maryland Cookie (G,mk) <i>V</i>
		Pasta (G) with Roasted Tomato & Basil Sauce <i>Ve</i>		
Friday	Main Meals	Breaded Fish Fingers (G,F)	Vegetables	Chips & Baked Beans <i>Ve</i>
		Vegetable & Bean Chimichangas (G,MK,C) <i>V</i>	Dessert	Chocolate & Courgette Sponge (G,E) <i>V</i>
		Pasta (G) with Cheese Sauce (G,MK) <i>V</i>		
Freshly Baked Bread:				
Pesto Bread (G,SO,MK,e) <i>V</i> Wholemeal Bread (G,SO,MK,e) <i>V</i>				

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 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	Vegetables	Carrot Sticks <i>Ve</i>
		Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges <i>Ve</i>	Dessert	Lemon Drizzle Sponge (G,E) <i>V</i>
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) <i>Ve</i>		
Tuesday	Main Meals	Beef Lasagne (G,MK,e)	Vegetables	Sweetcorn <i>Ve</i>
		Vegetable Fajita Wrap (G,SO) <i>Ve</i>	Dessert	Flapjack (G) <i>Ve</i>
		Jacket Potato with Cheese (MK) <i>V</i>		
Wednesday	Main Meals	Honey Roast Gammon with Roast Potatoes & Gravy	Vegetables	Pan Fried Leeks <i>Ve</i>
		Ratatouille Pasta Bake (G) <i>Ve</i>	Dessert	Orange Shortbread Biscuit (G) <i>Ve</i>
		Jacket Potato with Baked Beans <i>Ve</i>		
Thursday	Main Meals	Chicken Tikka Masala (MU) & Rice	Vegetables	Broccoli <i>Ve</i>
		Vegetable Pasanda (MU) with Rice <i>Ve</i>	Dessert	Apple Crumble (G) <i>Ve</i> with Custard (MK) <i>V</i>
		Pasta (G) with Tomato & Vegetable Sauce (g) <i>Ve</i>		
Friday	Main Meals	Breaded Fish Fingers (G,F)	Vegetables	Chips & Baked Beans <i>Ve</i>
		Spiced Squash & Spinach Samosa (G) <i>Ve</i>	Dessert	Apple & Parsnip Cake (G,E) <i>V</i>
		Pasta (G) with Cheese Sauce (G,MK) <i>V</i>		
Freshly Baked Bread:				
Tomato & Herb Bread (G,SO,MK,e) <i>V</i> Wholemeal Bread (G,SO,MK,e) <i>V</i>				

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	Cumberland Sausages (G,SU) with Mashed Potato & Gravy	Vegetables	Peas <i>Ve</i>
		Vegan Sausages (G) with Mashed Potato & Gravy <i>Ve</i>	Dessert	Apple & Carrot Flapjack (G) <i>Ve</i>
		Pasta (G) with Cheese Sauce (G,MK) <i>V</i>		
Tuesday	Main Meals	Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G)	Vegetables	Steamed Carrots <i>Ve</i>
		Vegetable Chilli (SO,C,g) with Steamed Rice <i>Ve</i>	Dessert	Chocolate & Beetroot Brownie (G,E) <i>V</i>
		Jacket Potato with Cheese (MK) <i>V</i>		
Wednesday	Main Meals	Sticky Glazed Chicken	Vegetables	Spicy Potato Wedges <i>Ve</i> & Coleslaw (E) <i>V</i>
		Margherita Pizza (G,SO,MK,e) <i>V</i>	Dessert	Cherry Cornflake Cake (G,SU) <i>V</i>
		Pasta (G) with Tomato & Basil Sauce (g) <i>Ve</i>		
Thursday	Main Meals	Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	Vegetables	Pan Fried Leeks <i>Ve</i>
		Vegetable Pasta Bake (G,MK,C) <i>V</i>	Dessert	Vanilla Ice Cream (MK) <i>V</i>
		Jacket Potato with Baked Beans <i>Ve</i>		
Friday	Main Meals	Breaded Fish Fingers (G,F)	Vegetables	Chips & Baked Beans <i>Ve</i>
		Vegetable & Bean Stuffed Pitta Pocket (G) <i>Ve</i>	Dessert	Chocolate Shortbread Biscuit (G) <i>Ve</i>
		Pasta (G) with Tomato & Lentil Sauce (C,g) <i>Ve</i>		
Freshly Baked Bread:				
Garlic & Rosemary Bread (G,SO,MK,e) <i>V</i> Wholemeal Bread (G,SO,MK,e) <i>V</i>				

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)

BM1 Prince Avenue
February 2023
All products are subject to availability