

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 Ve
		Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V	Dessert	Apple & Parsnip Cake (G,E) V
		Jacket Potato with Baked Beans Ve		
Tuesday	Main Meals	Beef Bolognaise (C) with Spaghetti (G)	Vegetables	Peas Ve
		Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve	Dessert	Carrot Cake (G,E) V
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Roast Chicken 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 & Vegetable Chow Mein (G,E,SO,C)	Vegetables	Steamed Carrots Ve
		Vegetable Pasta Bake (G,MK,C) V	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 & Bean Chimichangas (G,MK,C) V	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:

9th October, 30th October, 20th November, 11th 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 Chilli (C,g) with Steamed Rice	Vegetables	Carrot Sticks Ve
		Vegetable Chilli (SO,C,g) with Steamed Rice Ve	Dessert	Lemon Drizzle Sponge (G,E) V
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve		
Tuesday	Main Meals	Beef 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	Honey Roast Gammon with Roast Potatoes & Gravy	Vegetables	Pan Fried Leeks Ve
		Ratatouille Pasta Bake (G) Ve	Dessert	Orange Shortbread Biscuit (G) Ve
		Jacket Potato with Baked Beans Ve		
Thursday	Main Meals	Chicken Tikka Masala (MU) & Rice	Vegetables	Broccoli Ve
		Vegetable Frittata (E,MK,MU) V	Dessert	Apple Crumble (G) Ve with Custard (MK) V
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve		
Friday	Main Meals	Breaded Fish Fingers (G,F)	Vegetables	Chips & Baked Beans Ve
		Spiced Squash & Spinach Samosa (G) Ve	Dessert	Chocolate Rice Krispie Cake (G) 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:

16th October, 6th November, 27th November, 18th December

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 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	BBQ Pulled Pork with a Wrap (G)	Vegetables	Steamed Carrots Ve
		Chunky Vegetable Dhal (C,g) with Rice Ve	Dessert	Vanilla Shortbread Biscuit (G) Ve
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Sticky Glazed Chicken	Vegetables	Spicy Potato Wedges Ve & Coleslaw (E) V
		Margherita Pizza (G,SO,MK,e) 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 & Bean Stuffed Pitta Pocket (G) Ve	Dessert	Chocolate & Beetroot Brownie (G,E) V
		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:

2nd October, 23rd October, 13th November, 4th 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 Tenterden
Rolvenden
Oct 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD