

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

Week 1

Monday	Main Meals BBQ Chicken Pizza (G,SO,MK,e) Halal BBQ Chicken Pizza (G,SO,MK,e) Margherita Pizza (G,SO,MK,e) V Jacket Potato with Baked Beans Ve	Vegetables Sweetcorn Ve Dessert Chocolate Rice Krispie Cake (G) V
	Tuesday	
Tuesday	Main Meals Beef Bolognese (C) with Spaghetti (G) Halal Beef Bolognese (C) with Spaghetti (G) Vegan Bolognese (SO,g) with Spaghetti (G) Ve Jacket Potato with Cheese (MK) V	Vegetables Peas Ve Dessert Carrot Cake (G,E) V
	Wednesday	
Wednesday	Main Meals Roast Chicken with Roast Potatoes & Gravy Halal Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese (G,MK) V Jacket Potato with Salmon Mayonnaise (E,F)	Vegetables Seasonal Greens Ve Dessert Vanilla Ice Cream (MK) V
	Thursday	
Thursday	Main Meals Chicken Paella Halal Chicken Paella Butternut Squash & Chickpea Paella Ve Pasta (G) with Roasted Tomato & Basil Sauce Ve	Vegetables Steamed Carrots Ve Dessert Maryland Cookie (G,mk) V
	Friday	
Friday	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V Pasta (G) with Cheese Sauce (G,MK) V	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:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th October

Available Every Day:
Fresh Fruit Ve, Yoghurt (SO,MK) V or Jelly Ve

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.

Week 2

Monday	Main Meals Beef Burger in a Bun (G,se) Halal Beef Burger in a Bun (G,se) Vegetable Burger (G) in a Bun (G,se) Ve Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	Vegetables Carrot Sticks Ve Dessert Lemon Drizzle Sponge (G,E) V
	Tuesday	
Tuesday	Main Meals Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G) Halal Beef Meatballs (SU) with Tomato Sauce & Penne Pasta (G) Chunky Vegetable Dhal (C,g) with Rice Ve Jacket Potato with Cheese (MK) V	Vegetables Sweetcorn Ve Dessert Flapjack (G) Ve
	Wednesday	
Wednesday	Main Meals Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Ratatouille Pasta Bake (G) Ve Jacket Potato with Baked Beans Ve	Vegetables Pan Fried Leeks Ve Dessert Orange Shortbread Biscuit (G) Ve
	Thursday	
Thursday	Main Meals Chicken Tikka Masala (MU) & Rice Halal Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Vegetables Broccoli Ve Dessert Apple Crumble (G) Ve with Custard (MK) V
	Friday	
Friday	Main Meals Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve Pasta (G) with Cheese Sauce (G,MK) V	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:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October

Week 3

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

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

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)

BM2 Halal Non Elmwood
February 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

