

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

Week 1

Monday

Main Meals

BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges
Halal BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges **V**

Vegetables

Sweetcorn **Ve**

Dessert

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

Jacket Potato with Baked Beans **Ve**

Tuesday

Main Meals

Beef Bolognese (C) with Spaghetti (G)
Halal Beef Bolognese (C) with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**

Vegetables

Peas **Ve**

Dessert

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

Jacket Potato with Cheese (MK) **V**

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese (G,MK) **V**

Vegetables

Seasonal Greens **Ve**

Dessert

Vanilla Ice Cream (MK) **V**

Jacket Potato with Salmon Mayonnaise (E,F)

Thursday

Main Meals

Chicken Paella
Halal Chicken Paella
Butternut Squash & Chickpea Paella **Ve**

Vegetables

Steamed Carrots **Ve**

Dessert

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

Pasta (G) with Roasted Tomato & Basil Sauce **Ve**

Friday

Main Meals

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

Vegetables

Chips & Baked Beans **Ve**

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

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) with Baked Jacket Wedges
Halal Beef Burger in a Bun (G,se) with Baked Jacket Wedges
Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges **Ve**

Vegetables

Carrot Sticks **Ve**

Dessert

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

Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) **Ve**

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

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

Main Meals

Chicken Tikka Masala (MU) & Rice
Halal Chicken Tikka Masala (MU) & Rice
Vegetable Pasanda (MU) with Rice **Ve**

Vegetables

Broccoli **Ve**

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)
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:

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

Week 3

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**

Vegetables

Peas **Ve**

Dessert

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

Pasta (G) with Cheese Sauce (G,MK) **V**

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**

Vegetables

Steamed Carrots **Ve**

Dessert

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

Jacket Potato with Cheese (MK) **V**

Wednesday

Main Meals

Sticky Glazed Chicken
Halal Sticky Glazed Chicken
Margherita Pizza (G,SO,MK,e) **V**

Vegetables

Spicy Potato Wedges **Ve** & Coleslaw (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)
Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)
Vegetable Pasta Bake (G,MK,C) **V**

Vegetables

Pan Fried Leeks **Ve**

Dessert

Vanilla Ice Cream (MK) **V**

Jacket Potato with Baked Beans **Ve**

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:

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)

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

pabulummm
HONESTLY GOOD FOOD

