

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

Week 1

Monday	Main Meals	Ham & Pineapple Pizza (G,SO,MK,e) Margherita Pizza (G,SO,MK,e) V Jacket Potato with Baked Beans Ve	Vegetables	Sweetcorn Ve
	Sandwiches	Chicken Mayonnaise Baguette (G,E,so) Cheese Salad Wrap (G,MK) V	Dessert	Chocolate Rice Krispie Cake (G) V
Tuesday	Main Meals	Beef Lasagne (G,MK,e) Vegetable Lasagne (G,MK,SO,e) V Jacket Potato with Cheese (MK) V	Vegetables	Peas Ve
	Sandwiches	Ham Sandwich (G,SO) Cheese & Tomato Bloomer (G,MK) V	Dessert	Carrot Cake (G,E) V
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese (G,MK) V Jacket Potato with Salmon Mayonnaise (E,F)	Vegetables	Seasonal Greens Ve
	Sandwiches	Tuna Sweetcorn Baguette (G,E,F,so) Cheese Sandwich (G,SO,MK) V	Dessert	Vanilla Ice Cream (MK) V
Thursday	Main Meals	Chicken Fajita Wrap (G) Vegetable & Bean Burrito (G,SO) Ve Pasta (G) with Roasted Tomato & Basil Sauce Ve	Vegetables	Steamed Carrots Ve
	Sandwiches	Tuna Mayo Sandwich (G,E,F,SO) Cheese Salad Wrap (G,MK) V	Dessert	Maryland Cookie (G,mk) V
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
	Sandwiches	Ham Sandwich (G,SO) Egg Mayo Baguette (G,E,so) V	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

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 Bolognese (C) with Spaghetti (G) Vegan Bolognese (SO,g) with Spaghetti (G) Ve Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	Vegetables	Carrot Sticks Ve
	Sandwiches	Cheese Sandwich (G,SO,MK) V Ham Salad Wrap (G)	Dessert	Lemon Drizzle Sponge (G,E) V
Tuesday	Main Meals	Beef Chilli (C,g) & Steamed Rice Vegetable Fajita Wrap (G,SO) Ve Jacket Potato with Cheese (MK) V	Vegetables	Sweetcorn Ve
	Sandwiches	Egg Mayonnaise Sandwich (G,E,SO) V Cheese Salad Wrap (G,MK) V	Dessert	Flapjack (G) Ve
Wednesday	Main Meals	Honey Roast Gammon with Roast Potatoes & Gravy Ratatouille Pasta Bake (G) Ve Jacket Potato with Baked Beans Ve	Vegetables	Pan Fried Leeks Ve
	Sandwiches	Cheese & Tomato Bloomer (G,MK) V Ham Sandwich (G,SO)	Dessert	Orange Shortbread Biscuit (G) Ve
Thursday	Main Meals	Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Vegetables	Broccoli Ve
	Sandwiches	Cheese Sandwich (G,SO,MK) V Chicken Mayonnaise Baguette (G,E,so)	Dessert	Apple Crumble (G) Ve with Custard (MK) V
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
	Sandwiches	Egg Mayonnaise Sandwich (G,E,SO) V Ham Salad Baguette (G,SO)	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

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 Vegan Sausages (G) with Mashed Potato & Gravy Ve Pasta (G) with Cheese Sauce (G,MK) V	Vegetables	Peas Ve
	Sandwiches	Ham Salad Wrap (G) Cheese & Tomato Bloomer (G,MK) V	Dessert	Apple & Carrot Flapjack (G) Ve
Tuesday	Main Meals	Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G) Vegetable Chilli (SO,C,g) with Steamed Rice Ve Jacket Potato with Cheese (MK) V	Vegetables	Steamed Carrots Ve
	Sandwiches	Tuna Sweetcorn Baguette (G,E,F,so) Cheese Sandwich (G,SO,MK) V	Dessert	Chocolate & Beetroot Brownie (G,E) V
Wednesday	Main Meals	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
	Sandwiches	Tuna Mayonnaise Sandwich (G,E,F,SO) Cheese Salad Wrap (G,MK) V	Dessert	Cherry Cornflake Cake (G,SU) V
Thursday	Main Meals	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
	Sandwiches	Chicken Mayonnaise Baguette (G,E,so) Ham Sandwich (G,SO)	Dessert	Vanilla Ice Cream (MK) V
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
	Sandwiches	Ham Salad Bloomer (G) Cheese Sandwich (G,SO,MK) V	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)

BM1 Cleves
February 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD