

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	Chocolate Rice Krispie Cake (G) V
		Jacket Potato with Baked Beans Ve		
Tuesday	Main Meals	Beef Bolognese (C) with Spaghetti (G)	Vegetables	Peas Ve
		Vegan Bolognese (SO,g) with Spaghetti (G) 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 Fajita Wrap (G)	Vegetables	Steamed Carrots Ve
		Vegetable Biryani (MU,g) Ve	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:

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 Burger in a Bun (G,se) with Baked Jacket Wedges	Vegetables	Carrot Sticks Ve
		Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges 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 (G)	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	Creamy Chicken (G,MK) with Fusilli Pasta (G)	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	Apple & Parsnip Cake (G,E) 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:

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	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	Beef Lasagne (G,MK,e)	Vegetables	Steamed Carrots Ve
		Vegan Bolognese (SO,g) with Spaghetti (G) Ve	Dessert	Chocolate & Beetroot Brownie (G,E) V
		Jacket Potato with Cheese (MK) V		
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Vegetables	Broccoli Ve
		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	BBQ Pulled Pork with a Wrap (G)	Vegetables	Seasonal Greens 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 Shortbread Biscuit (G) Ve
		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:

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 St Mark's
February 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

