

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

Week 1

Monday

Main Meals

Beef Burger in a Bun (G,se) with Baked Jacket Wedges
Vegetable Pasanda (MU) with Rice **Ve**
Jacket Potato with Baked Beans **Ve**

Sandwiches

Chicken Mayonnaise Baguette (G,E,so)
Cheese Salad Wrap (G,MK) **V**

Served with

Sweetcorn **Ve**

Dessert

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

Tuesday

Main Meals

Beef Bolognese (C) with Spaghetti (G)
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges **V**
Jacket Potato with Cheese (MK) **V**

Sandwiches

Chicken Mayo Sandwich (G,E,SO)
Cheese & Tomato Bloomer (G,MK) **V**

Served with

Peas **Ve**

Dessert

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

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese (G,MK) **V**
Jacket Potato with Baked Beans **Ve** or Salmon Mayonnaise (E,F)

Sandwiches

Tuna Sweetcorn Baguette (G,E,F,so)
Cheese Sandwich (G,SO,MK) **V**

Served with

Seasonal Greens **Ve**

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**

Sandwiches

Tuna Mayo Sandwich (G,E,F,SO)
Cheese Salad Wrap (G,MK) **V**

Served with

Steamed Carrots **Ve**

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**

Sandwiches

Cheese Salad Sandwich (G,MK,SO) **V**
Egg Mayo Baguette (G,E,so) **V**

Served with

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:

28th August, 18th September, 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

BBQ Chicken Pizza (G,SO,MK,e) with Baked Jacket Wedges
Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**
Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) **Ve**

Sandwiches

Cheese Sandwich (G,SO,MK) **V**
Chicken Mayo Wrap (G,E)

Served with

Carrot Sticks **Ve**

Dessert

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

Tuesday

Main Meals

Beef Lasagne (G,MK,e)
Vegetable Fajita Wrap (G,SO) **Ve**
Jacket Potato with Cheese (MK) **V**

Sandwiches

Egg Mayonnaise Sandwich (G,E,SO) **V**
Cheese Salad Wrap (G,MK) **V**

Served with

Sweetcorn **Ve**

Dessert

Flapjack (G) **Ve**

Wednesday

Main Meals

Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy
Ratatouille Pasta Bake (G) **Ve**
Jacket Potato with Baked Beans **Ve**

Sandwiches

Cheese & Tomato Bloomer (G,MK) **V**
Carrot & Houmous Bloomer (G,SO,SU) **Ve**

Served with

Pan Fried Leeks **Ve**

Dessert

Orange Shortbread Biscuit (G) **Ve**

Thursday

Main Meals

Chicken Tikka Masala (MU) & Rice
Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges **Ve**
Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

Sandwiches

Cheese Sandwich (G,SO,MK) **V**
Chicken Mayonnaise Baguette (G,E,so)

Served with

Broccoli **Ve**

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**

Sandwiches

Egg Mayonnaise Sandwich (G,E,SO) **V**
BBQ Chicken Baguette (G,so)

Served with

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:

4th September, 25th September, 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

Chicken and Beef Sausages with Mashed Potato & Gravy
Vegetable Chilli (SO,C,g) with Steamed Rice **Ve**
Pasta (G) with Cheese Sauce (G,MK) **V**

Sandwiches

Sweet Chilli Chicken Wrap (G)
Cheese & Tomato Bloomer (G,MK) **V**

Served with

Peas **Ve**

Dessert

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

Tuesday

Main Meals

Beef Chilli (C,g) with Steamed Rice
Vegan Sausages (G) with Mashed Potato & Gravy **Ve**
Jacket Potato with Cheese (MK) **V**

Sandwiches

Tuna Sweetcorn Baguette (G,E,F,so)
Cheese Sandwich (G,SO,MK) **V**

Served with

Steamed Carrots **Ve**

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**

Sandwiches

Tuna Mayonnaise Sandwich (G,E,F,SO)
Cheese Salad Wrap (G,MK) **V**

Served with

Spicy Potato Wedges **Ve** & Coleslaw (E) **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**

Sandwiches

Chicken Mayonnaise Baguette (G,E,so)
Egg Mayonnaise Sandwich (G,E,SO) **V**

Served with

Pan Fried Leeks **Ve**

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**

Sandwiches

Chicken Mayonnaise Bloomer (G,SO,E)
Cheese Sandwich (G,SO,MK) **V**

Served with

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:

11th September, 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 Fulbridge
Sept 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD