

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

Week 1

Monday	Main Meals Lamb Bolognese with Spaghetti (G) Halal Lamb Bolognese with Spaghetti (G) 3 Veg Macaroni Cheese (G,MK) Pasta (G) with Tomato & Basil Sauce	Served With Baked Beans & Peas
		Dessert Chocolate & Sweet Potato Brownie (G,E)
Tuesday	Main Meals Chicken & Bean Chilli with Steamed Rice Halal Chicken & Bean Chilli with Steamed Rice Vegan Bean Chilli (SO) with Steamed Rice Jacket Potato with Baked Beans	Served With Sweetcorn & Broccoli
		Dessert Courgette & Oat Cookie (G)
Wednesday	Main Meals Herby Roast Chicken Fillets with Gravy Halal Herby Roast Chicken Fillets with Gravy Vegan Squash, Sweet Potato & Bean Hot Pot Pasta (G) with Tomato & Basil Sauce	Served With Roast Potatoes, Seasonal Greens & Carrots
		Dessert Vanilla Ice Cream (MK)
Thursday	Main Meals BBQ Chicken Pizza (G,SO,MK) with Baked Wedges Halal BBQ Chicken Pizza (G,SO,MK) with Baked Wedges Margherita Pizza (G,SO,MK) with Baked Wedges Jacket Potato with Cheddar Cheese (MK)	Served With Cauliflower & Roasted Carrots
		Dessert Apple & Parsnip Sponge (G,E)
Friday	Main Meals Fish Fingers (G,F), Chips & Ketchup Vegan Vegetable Fingers, Chips & Ketchup Pasta (G) with Tomato & Basil Sauce	Served With Baked Beans & Peas
		Dessert Fruit Jelly

Freshly Baked Bread:
Tomato & Rosemary (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

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, Yoghurt (SO,MK) or Jelly

Week 2

Monday	Main Meals Chicken & Vegetable Penne Pasta Bake (G,MK) Halal Chicken & Vegetable Penne Pasta Bake (G,MK) Vegan Bolognese (SO,g) with Spaghetti (G) Jacket Potato with Baked Beans	Served With Cauliflower & Green Beans
		Dessert Maryland Cookie (G,mk)
Tuesday	Main Meals Caribbean Chicken & Sweet Potato Curry with Steamed Rice Halal Caribbean Chicken & Sweet Potato Curry with Steamed Rice Vegan Spiced Squash & Potato Samosa (G) Pasta (G) with Squash & Tomato Sauce	Served With Carrots & Peas
		Dessert Carrot & Apple Flapjack (G)
Wednesday	Main Meals Roast Chicken with Gravy Halal Roast Chicken with Gravy Vegan Bombay Chickpea Burrito (G) Pasta (G) with Squash & Tomato Sauce	Served With Roast Potatoes, Seasonal Greens & Carrots
		Dessert Banana & Cinnamon Sponge (G,E)
Thursday	Main Meals Paprika Spiced Chicken & Sweetcorn Pizza (G,MK,SO) with Baked Wedges Halal Paprika Spiced Chicken & Sweetcorn Pizza (G,MK,SO) with Baked Wedges Margherita Pizza (G,MK,SO) with Baked Wedges Jacket Potato with Cheddar Cheese (MK)	Served With Broccoli & Sweetcorn
		Dessert Cherry Shortbread (G,SU)
Friday	Main Meals Fish Fingers (G,F), Chips & Ketchup Vegan Boston BBQ 3 Bean Stew with Baked Jackets Pasta (G) with Squash & Tomato Sauce	Served With Baked Beans & Peas
		Dessert Vanilla Ice Cream (MK)

Freshly Baked Bread:
Beetroot & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

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

Monday	Main Meals Soy, Honey Chicken & Vegetable Stir Fry (G,SO) with Egg Noodles (G,E) Halal Soy, Honey Chicken & Vegetable Stir Fry (G,SO) with Egg Noodles (G,E) Vegan Vegetable Jambalaya (g) Pasta (G) with Tomato & Vegetable Sauce	Served With Classic Coleslaw (E) & Sweetcorn
		Dessert Cinnamon Apple Crumble (G) with Custard (MK)
Tuesday	Main Meals Sweet & Sour Chicken (G,C) with Steamed Rice Halal Sweet & Sour Chicken (G,C) with Steamed Rice Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu) Jacket Potato with Baked Beans	Served With Broccoli & Cauliflower
		Dessert Sultana & Oat Cookie (G)
Wednesday	Main Meals Lemon & Thyme Roast Chicken with Gravy Halal Lemon & Thyme Roast Chicken with Gravy Vegan Country Vegetable & Bean Pie (G) Pasta (G) with Tomato & Vegetable Sauce	Served With Roast Potatoes, Seasonal Greens & Carrots
		Dessert Fruit Jelly
Thursday	Main Meals Chicken Tikka Pizza (G,MK,SO) with Baked Wedges Halal Chicken Tikka Pizza (G,MK,SO) with Baked Wedges Margherita Pizza (G,MK,SO) with Baked Wedges Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans	Served With Cauliflower & Roasted Carrots
		Dessert Orange Drizzle Cake (G,E)
Friday	Main Meals Fish Fingers (G,F), Chips & Ketchup Mexican Roasted Vegetable & Bean Quesadilla (G) Wholewheat Pasta (G) with Tomato & Vegetable Sauce	Served With Baked Beans & Peas
		Dessert Chocolate & Courgette Rice Krispie Cake (G)

Freshly Baked Bread:
Pesto & Garlic (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

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)

BM3HalaNonClevelandRoad
Jan 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD