

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

Monday

Main Meals
 Mediterranean Chicken & Vegetables with Cous Cous (G,so)
 Halal Mediterranean Chicken & Vegetables with Cous Cous (G,so)
 Tex Mex Vegetarian Sausage Hot Pot (G) **Ve**
 Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables
 Sweetcorn & Peas **Ve**

Dessert
 Vanilla Ice Cream (MK) with Fruit Compote **V**

Tuesday

Main Meals
 Sweet & Sour Chicken (G,C) with Steamed Rice
 Halal Sweet & Sour Chicken (G,C) with Steamed Rice
 Sweet Potato & Vegetable Curry (C) with Steamed Rice **Ve**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Cauliflower & Green Beans **Ve**

Dessert
 Fruit Burst Jelly **Ve**

Wednesday

Main Meals
 Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy **Ve**
 Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables
 Seasonal Greens & Carrots **Ve**

Dessert
 Apple & Oaty Topped Crumble (G) **Ve** with Custard (MK) **V**

Thursday

Main Meals
 BBQ Chicken Pizza (G,MK)
 Halal BBQ Chicken Pizza (G,MK)
 Chick Pea & Vegetable Madras Curry with Rice **Ve**
 Jacket Potato with Tuna Mayonnaise (E,F)

Vegetables
 Sweetcorn **Ve** & Coleslaw (E) **V**

Dessert
 Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) **V**

Friday

Main Meals
 Fish Fingers (G,F) with Oven Baked Chips
 Vegetable Burrito Wrap (G,SO) **Ve**
 Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables
 Peas & Baked Beans **Ve**

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

Freshly Baked Bread:
 Garlic & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 1:
 1st September, 19th September, 10th October, 31st October, 21st November, 12th December

Monday

Main Meals
 Chicken Burger in a Bun (G,se)
 Halal Chicken Burger in a Bun (G,se)
 Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Sweetcorn **Ve** & Coleslaw (E) **V**

Dessert
 Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) **V**

Tuesday

Main Meals
 Chicken & Sweetcorn Meatballs with Spicy Tomato Sauce (g) & Pasta (G)
 Halal Chicken & Sweetcorn Meatballs with Spicy Tomato Sauce (g) & Pasta (G)
 Sweet & Sour Vegetables (G,C) with Steamed Rice **Ve**
 Wholegrain Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables
 Cauliflower & Peas **Ve**

Dessert
 Oat & Cherry Cookie (G,SU) **Ve**

Wednesday

Main Meals
 Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy **V**
 Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables
 Seasonal Greens & Carrots **Ve**

Dessert
 Banana Flapjack (G) **Ve**

Thursday

Main Meals
 Chicken Tikka Pizza (G,MK)
 Halal Chicken Tikka Pizza (G,MK)
 Vegan Chilli Con Carne (SO,C,g) with Rice **Ve**
 Jacket Potato with Tuna Mayonnaise (E,F)

Vegetables
 Sweetcorn **Ve** & Coleslaw (E) **V**

Dessert
 Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) **V**

Friday

Main Meals
 Battered Fish (G,F) with Oven Baked Chips
 Vegetable Goujon with Oven Baked Chips **Ve**
 Pasta (G) with Roasted Tomato Sauce **Ve**

Vegetables
 Baked Beans & Peas **Ve**

Dessert
 Vanilla Ice Cream (MK) with Peach Compote **V**

Freshly Baked Bread:
 Carrot & Thyme Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 2:
 5th September, 26th September, 17th October, 7th November, 28th November

Monday

Main Meals
 Shepherds Pie topped with Sliced Sweet Potato (g)
 Halal Shepherds Pie topped with Sliced Sweet Potato (g)
 Macaroni & Cheese (G,MK) **V**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Peas & Carrots **Ve**

Dessert
 Sticky Banana Bread (G,SO,MK,e) **V**

Tuesday

Main Meals
 Spicy Turkey & Vegetable Curry (MU) with Steamed Rice
 Halal Spicy Turkey & Vegetable Curry (MU) with Steamed Rice
 Vegetable Jambalaya (g) **Ve**
 Jacket Potato with Salmon Mayonnaise (F,E)

Vegetables
 Cauliflower & Broccoli **Ve**

Dessert
 Chocolate Shortbread (G) **Ve**

Wednesday

Main Meals
 Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Halal Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Roasted Ratatouille with Crumble (G) **Ve**
 Wholegrain Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables
 Seasonal Greens & Mashed Swede **Ve**

Dessert
 Mandarin Jelly **Ve**

Thursday

Main Meals
 Paprika Spiced Chicken & Sweetcorn Pizza (G,MK)
 Halal Paprika Spiced Chicken & Sweetcorn Pizza (G,MK)
 Margherita Pizza (G,MK) **V**
 Jacket Potato with Tuna Mayonnaise (E,F)

Vegetables
 Sweetcorn **Ve** & Coleslaw (E) **V**

Dessert
 Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) **V**

Friday

Main Meals
 Fish Fingers (G,F) with Oven Baked Chips
 BBQ Vegetable Quesadillas (G,MK) **V**
 Pasta (G) with Tomato Sauce (C) **Ve**

Vegetables
 Baked Beans & Peas **Ve**

Dessert
 Chocolate Mousse (MK) **V**

Freshly Baked Bread:
 Tomato & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 3:
 12th September, 3rd October, 24th October, 14th November, 5th December

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians
 All products are subject to availability.

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)

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.

BM3 Halal Non Cleveland
Available Every Day
 Fresh Fruit Platter **Ve**
 Homemade Fruit Yoghurt (SO,MK) **V**

September 2022
pabulummm
 HONESTLY GOOD FOOD