

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

Week 1

<b>Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken Fajita Wrap (G) Halal Chicken Fajita Wrap (G) Vegetable & Bean Burrito (G,SO) <b>Ve</b>  Jacket Potato with Baked Beans <b>Ve</b>	Sweetcorn <b>Ve</b>  <b>Dessert</b> Chocolate Rice Krispie Cake (G) <b>V</b>
<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Lamb Chilli (C,g) with Steamed Rice Halal Lamb Chilli (C,g) with Steamed Rice Vegetable Chilli (SO,C,g) with Steamed Rice <b>Ve</b>  Jacket Potato with Cheese (MK) <b>V</b>	Peas <b>Ve</b>  <b>Dessert</b> Carrot Cake (G,E) <b>V</b>
<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Roast Chicken with Roast Potatoes & Gravy Halal Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese (G,MK) <b>V</b>  Jacket Potato with Salmon Mayonnaise (E,F)	Seasonal Greens <b>Ve</b>  <b>Dessert</b> Vanilla Ice Cream (MK) <b>V</b>
<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	BBQ Chicken Pizza (G,SO,MK) with Baked Jacket Wedges Halal BBQ Chicken Pizza (G,SO,MK) with Baked Jacket Wedges Margherita Pizza (G,SO,MK) with Baked Jacket Wedges <b>V</b>  Pasta (G) with Roasted Tomato & Basil Sauce <b>Ve</b>	Steamed Carrots <b>Ve</b>  <b>Dessert</b> Maryland Cookie (G,mk) <b>V</b>
<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) <b>V</b>  Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	Chips & Baked Beans <b>Ve</b>  <b>Dessert</b> Chocolate & Courgette Sponge (G,E) <b>V</b>
<b>Freshly Baked Bread:</b> Pesto Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		

Week 1:

20<sup>th</sup> February, 13<sup>th</sup> March, 3<sup>rd</sup> April, 24<sup>th</sup> April, 15<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June, 17<sup>th</sup> July, 28<sup>th</sup> August, 18<sup>th</sup> September, 9<sup>th</sup> 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

<b>Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken Burger in a Bun (G,se) with Baked Jacket Wedges Halal Chicken Burger in a Bun (G,se) with Baked Jacket Wedges Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges <b>Ve</b> Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) <b>Ve</b>	Carrot Sticks <b>Ve</b>  <b>Dessert</b> Lemon Drizzle Sponge (G,E) <b>V</b>
<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Lamb Lasagne (G,MK,e) Halal Lamb Lasagne (G,MK,e) Vegetable Fajita Wrap (G,SO) <b>Ve</b>  Jacket Potato with Cheese (MK) <b>V</b>	Sweetcorn <b>Ve</b>  <b>Dessert</b> Flapjack (G) <b>Ve</b>
<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Mushroom & Vegetable Chow Mein (G,SO,C) <b>V</b> Jacket Potato with Baked Beans <b>Ve</b>	Pan Fried Leeks <b>Ve</b>  <b>Dessert</b> Orange Shortbread Biscuit (G) <b>Ve</b>
<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken Tikka Pizza (G,SO,MK) with Baked Jacket Wedges Halal Chicken Tikka Pizza (G,SO,MK) with Baked Jacket Wedges Margherita Pizza (G,SO,MK) with Baked Jacket Wedges <b>V</b> Pasta (G) with Tomato & Vegetable Sauce (g) <b>Ve</b>	Broccoli <b>Ve</b>  <b>Dessert</b> Apple Crumble (G) <b>Ve</b> with Custard (MK) <b>V</b>
<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Battered Fish (G,F) Spiced Squash & Spinach Samosa (G) <b>Ve</b>  Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	Chips & Baked Beans <b>Ve</b>  <b>Dessert</b> Apple & Parsnip Cake (G,E) <b>V</b>
<b>Freshly Baked Bread:</b> Tomato & Herb Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		

Week 2:

27<sup>th</sup> February, 20<sup>th</sup> March, 10<sup>th</sup> April, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> 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

<b>Monday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne Pasta (G) Halal Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne Pasta (G) Vegan Sausages (G) with Mashed Potato & Gravy <b>Ve</b> Jacket Potato with Cheese (MK) <b>V</b>	Peas <b>Ve</b>  <b>Dessert</b> Apple & Carrot Flapjack (G) <b>Ve</b>
<b>Tuesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Lamb & Potato Keema (g) with Yellow Rice Halal Lamb & Potato Keema (g) with Yellow Rice Chunky Vegetable Dhal (C,g) with Rice <b>Ve</b>  Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	Steamed Carrots <b>Ve</b>  <b>Dessert</b> Chocolate & Beetroot Brownie (G,E) <b>V</b>
<b>Wednesday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Sticky Glazed Chicken Halal Sticky Glazed Chicken Vegetable Pasta Bake (G,MK,C) <b>V</b>  Pasta (G) with Tomato & Basil Sauce (g) <b>Ve</b>	Spicy Potato Wedges <b>Ve</b> & Coleslaw (E) <b>V</b>  <b>Dessert</b> Cherry Cornflake Cake (G,SU) <b>V</b>
<b>Thursday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Paprika Spiced Chicken & Sweetcorn Pizza (G,SO,MK) with Baked Jacket Wedges Halal Paprika Spiced Chicken & Sweetcorn Pizza (G,SO,MK) with Baked Jacket Wedges Margherita Pizza (G,SO,MK) with Baked Jacket Wedges <b>V</b>  Jacket Potato with Baked Beans <b>Ve</b>	Pan Fried Leeks <b>Ve</b>  <b>Dessert</b> Vanilla Ice Cream (MK) <b>V</b>
<b>Friday</b>	<b>Main Meals</b>	<b>Vegetables</b>
	Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) <b>Ve</b>  Pasta (G) with Tomato & Lentil Sauce (C,g) <b>Ve</b>	Chips & Baked Beans <b>Ve</b>  <b>Dessert</b> Chocolate Shortbread Biscuit (G) <b>Ve</b>
<b>Freshly Baked Bread:</b> Garlic & Rosemary Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		

Week 3:

6<sup>th</sup> March, 27<sup>th</sup> March, 17<sup>th</sup> April, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July, 11<sup>th</sup> September, 2<sup>nd</sup> 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)

BM3 Halal Non Cleveland Road February 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

