

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

Week 1

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

Available Every Day:
Fresh Fruit **Ve**, Yoghurt (SO,MK) **V** or Jelly **Ve**

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.

Week 2

Monday	Main Meals	Chicken Burger in a Bun (G,se) Halal Chicken Burger in a Bun (G,se) Vegetable Burger in a Bun (G,se) Ve	Vegetables	Carrot Sticks Ve	Dessert	Lemon Drizzle Sponge (G,E) V
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve				
Tuesday	Main Meals	Lamb Lasagne (G,MK,e) Halal Lamb Lasagne (G,MK,e) Vegetable Fajita Wrap (G,SO) Ve	Vegetables	Sweetcorn Ve	Dessert	Flapjack (G) Ve
		Jacket Potato with Cheese (MK) V				
Wednesday	Main Meals	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Mushroom & Vegetable Chow Mein (G,SO,C) V	Vegetables	Pan Fried Leeks Ve	Dessert	Orange Shortbread Biscuit (G) Ve
		Jacket Potato with Baked Beans Ve				
Thursday	Main Meals	Chicken Tikka Pizza (G,MK) Halal Chicken Tikka Pizza (G,MK) Margherita Pizza (G,MK) V	Vegetables	Broccoli Ve	Dessert	Apple Crumble (G) Ve with Custard (MK) V
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve				
Friday	Main Meals	Battered Fish (G,F) Spiced Squash & Spinach Samosa (G) Ve	Vegetables	Chips & Baked Beans 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	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 Ve	Vegetables	Peas Ve	Dessert	Apple & Carrot Flapjack (G) Ve
		Jacket Potato with Cheese (MK) V				
Tuesday	Main Meals	Lamb & Potato Keema (g) with Yellow Rice Halal Lamb & Potato Keema (g) with Yellow Rice Chunky Vegetable Dhal (C,g) with Rice Ve	Vegetables	Steamed Carrots Ve	Dessert	Chocolate & Beetroot Brownie (G,E) V
		Pasta (G) with Cheese Sauce (G,MK) V				
Wednesday	Main Meals	Sticky Glazed Chicken Halal Sticky Glazed Chicken Vegetable Pasta Bake (G,MK,C) V	Vegetables	Spicy Potato Wedges Ve & Coleslaw (E) V	Dessert	Cherry Cornflake Cake (G,SU) V
		Pasta (G) with Tomato & Basil Sauce (g) Ve				
Thursday	Main Meals	Paprika Spiced Chicken & Sweetcorn Pizza (G,MK) Halal Paprika Spiced Chicken & Sweetcorn Pizza (G,MK) Margherita Pizza (G,MK) V	Vegetables	Pan Fried Leeks Ve	Dessert	Vanilla Ice Cream (MK) V
		Jacket Potato with Baked Beans Ve				
Friday	Main Meals	Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve	Vegetables	Chips & Baked Beans 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)

BM3 Halal Non
Cleveland Road
February 2023

All products are subject
to availability

pabulummm
HONESTLY GOOD FOOD

