

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,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 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:

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	Chicken & Sweetcorn Meatball Sub Roll (G,so,se) with Baked Jacket Wedges Halal Chicken & Sweetcorn Meatball Sub Roll (G,so,se) with Baked Jacket Wedges Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges 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,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 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:

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 & 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,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 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:

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)

BM3 Halal Non
Cleveland Road
October 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD