

# 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

Mild Turkey & Vegetable Curry (MU) with Steamed Rice  
Halal Mild Turkey & Vegetable Curry (MU) 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)  
Homemade Vegan Burger (g) in a Bun (G,se) **Ve**  
Jacket Potato with Cheese (MK) **V**

## Vegetables

Broccoli & Sweetcorn **Ve**  
**Dessert**  
Chocolate & Beetroot Brownie (G,E) **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:

29<sup>th</sup> August, 19<sup>th</sup> September, 10<sup>th</sup> October, 31<sup>st</sup> October, 21<sup>st</sup> November, 12<sup>th</sup> December, 2<sup>nd</sup> January, 23<sup>rd</sup> January, 13<sup>th</sup> February

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 Tuna Mayonnaise (F,E)

## Vegetables

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

Tuesday

## Main Meals

Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)  
Mild Turkey & Vegetable Pie Topped with Puff Pastry (G,MK)  
Sweet & Sour Vegetables (G,C) with Steamed Rice **Ve**  
Wholegrain Pasta (G) with Tomato Sauce (C) **Ve**

## 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 Baked Beans **Ve**

## Vegetables

Broccoli & Sweetcorn **Ve**  
**Dessert**  
Apple & Parsnip Sponge (G,E) **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:

5<sup>th</sup> September, 26<sup>th</sup> September, 17<sup>th</sup> October, 7<sup>th</sup> November, 28<sup>th</sup> November, 19<sup>th</sup> December, 9<sup>th</sup> January, 30<sup>th</sup> January, 20<sup>th</sup> February

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

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)  
Halal Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)  
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 Baked Beans **Ve**

## Vegetables

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

12<sup>th</sup> September, 3<sup>rd</sup> October, 24<sup>th</sup> October, 14<sup>th</sup> November, 5<sup>th</sup> December, 26<sup>th</sup> December, 16<sup>th</sup> January, 6<sup>th</sup> February, 27<sup>th</sup> February

### 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 The Gearies

Available Every Day

Fresh Fruit Platter **Ve**  
Homemade Fruit Yoghurt (SO,MK) **V**

September 2022

**pabulummm**  
HONESTLY GOOD FOOD

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