

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

Week 1

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

## Freshly Baked Bread:

Pesto Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

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

## Freshly Baked Bread:

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

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

## Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

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 Gearies  
February 2023  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

