

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

Week 1

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

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

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	Vegetables
	Chicken & Vegetable Chow Mein (G,E,SO,C) Halal Chicken & Vegetable Chow Mein (G,E,SO,C) Vegan Sausages (G) with Mashed Potato & Gravy Ve Pasta (G) with Cheese Sauce (G,MK) V	Peas Ve Dessert Apple & Carrot Flapjack (G) Ve
Tuesday	Main Meals	Vegetables
	Lamb Chilli (C,g) with Steamed Rice Halal Lamb Chilli (C,g) with Steamed Rice Vegetable Chilli (SO,C,g) with Steamed Rice Ve Jacket Potato with Cheese (MK) V	Steamed Carrots Ve Dessert Chocolate & Beetroot Brownie (G,E) V
Wednesday	Main Meals	Vegetables
	Sticky Glazed Chicken Halal Sticky Glazed Chicken Vegetable Pasta Bake (G,MK,C) V Pasta (G) with Tomato & Basil Sauce (g) Ve	Spicy Potato Wedges Ve & Coleslaw (E) V Dessert Cherry Cornflake Cake (G,SU) V
Thursday	Main Meals	Vegetables
	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 Jacket Potato with Baked Beans Ve	Pan Fried Leeks Ve Dessert Vanilla Ice Cream (MK) V
Friday	Main Meals	Vegetables
	Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	Chips & Baked Beans Ve Dessert Chocolate Shortbread Biscuit (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 Gearies
February 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD