

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

Week 1

Monday

Main Meals
 Chicken Fajita with Steamed Rice
 Halal Chicken Fajita with Steamed Rice
 Vegetable & Bean Burrito (G,SO) **Ve**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Sweetcorn **Ve**

Dessert
 Chocolate Rice Krispie Cake (G) **V**

Tuesday

Main Meals
 Lamb Bolognese (g) with Spaghetti (G)
 Halal Lamb Bolognese (g) with Spaghetti (G)
 Vegan Bolognese (SO,g) with Spaghetti (G) **Ve**
 Jacket Potato with Cheese (MK) **V**

Vegetables
 Peas **Ve**

Dessert
 Carrot Cake (G,E) **V**

Wednesday

Main Meals
 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)

Vegetables
 Seasonal Greens **Ve**

Dessert
 Vanilla Ice Cream (MK) **V**

Thursday

Main Meals
 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**

Vegetables
 Steamed Carrots **Ve**

Dessert
 Maryland Cookie (G,mk) **V**

Friday

Main Meals
 Breaded Fish Fingers (G,F)
 Vegetable & Bean Chimichangas (G,MK,C) **V**
 Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables
 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:

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 & Sweetcorn Meatball Sub Roll (G,se) with Baked Jacket Wedges
 Chicken & Sweetcorn Meatball Sub Roll (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**

Vegetables
 Carrot Sticks **Ve**

Dessert
 Lemon Drizzle Sponge (G,E) **V**

Tuesday

Main Meals
 Lamb Lasagne (G,MK,e)
 Halal Lamb Lasagne (G,MK,e)
 Vegetable Fajita Wrap (G,SO) **Ve**
 Jacket Potato with Cheese (MK) **V**

Vegetables
 Sweetcorn **Ve**

Dessert
 Flapjack (G) **Ve**

Wednesday

Main Meals
 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**

Vegetables
 Pan Fried Leeks **Ve**

Dessert
 Orange Shortbread Biscuit (G) **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**
 Pasta (G) with Tomato & Vegetable Sauce (g) **Ve**

Vegetables
 Broccoli **Ve**

Dessert
 Apple Crumble (G) **Ve** with Custard (MK) **V**

Friday

Main Meals
 Breaded Fish Fingers (G,F)
 Spiced Squash & Spinach Samosa (G) **Ve**
 Pasta (G) with Cheese Sauce (G,MK) **V**

Vegetables
 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:

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 & 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**

Vegetables
 Peas **Ve**

Dessert
 Apple & Carrot Flapjack (G) **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**
 Jacket Potato with Cheese (MK) **V**

Vegetables
 Steamed Carrots **Ve**

Dessert
 Chocolate & Beetroot Brownie (G,E) **V**

Wednesday

Main Meals
 Sticky Glazed Chicken
 Halal Sticky Glazed Chicken
 Vegetable Pasta Bake (G,MK,C) **V**
 Pasta (G) with Tomato & Basil Sauce (g) **Ve**

Vegetables
 Spicy Potato Wedges **Ve** & Coleslaw (E) **V**

Dessert
 Cherry Cornflake Cake (G,SU) **V**

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**
 Jacket Potato with Baked Beans **Ve**

Vegetables
 Pan Fried Leeks **Ve**

Dessert
 Vanilla Ice Cream (MK) **V**

Friday

Main Meals
 Breaded Fish Fingers (G,F)
 Vegetable & Bean Stuffed Pitta Pocket (G) **Ve**
 Pasta (G) with Tomato & Lentil Sauce (C,g) **Ve**

Vegetables
 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:

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
 June 2023

All products are subject to availability

pabulummm
 HONESTLY GOOD FOOD

