

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
		Jacket Potato with Baked Beans 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	Vegetables	Peas Ve
		Jacket Potato with Cheese (MK) V	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	Vegetables	Seasonal Greens Ve
		Jacket Potato with Salmon Mayonnaise (E,F)	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) with Baked Jacket Wedges Margherita Pizza (G,SO,MK) with Baked Jacket Wedges V	Vegetables	Steamed Carrots Ve
		Pasta (G) with Roasted Tomato & Basil Sauce Ve	Dessert	Maryland Cookie (G,mk) V
Friday	Main Meals	Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V	Vegetables	Chips & Baked Beans Ve
		Pasta (G) with Cheese Sauce (G,MK) V	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 Halal Chicken & Sweetcorn Meatball Sub Roll (G,se) with Baked Jacket Wedges Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve	Vegetables	Carrot Sticks Ve
		Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) 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	Vegetables	Sweetcorn Ve
		Jacket Potato with Cheese (MK) V	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	Vegetables	Pan Fried Leeks Ve
		Jacket Potato with Baked Beans 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	Vegetables	Broccoli Ve
		Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Dessert	Apple Crumble (G) Ve with Custard (MK) V
Friday	Main Meals	Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve	Vegetables	Chips & Baked Beans Ve
		Pasta (G) with Cheese Sauce (G,MK) V	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

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 & Vegetable Pie (G) with Mashed Potato & Gravy Halal Chicken & Vegetable Pie (G) with Mashed Potato & Gravy Vegan Sausages (G) with Mashed Potato & Gravy Ve	Vegetables	Peas Ve
		Pasta (G) with Cheese Sauce (G,MK) V	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	Vegetables	Steamed Carrots Ve
		Jacket Potato with Cheese (MK) V	Dessert	Chocolate & Beetroot Brownie (G,E) 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
		Pasta (G) with Tomato & Basil Sauce (g) Ve	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	Vegetables	Pan Fried Leeks Ve
		Jacket Potato with Baked Beans Ve	Dessert	Vanilla Ice Cream (MK) V
Friday	Main Meals	Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve	Vegetables	Chips & Baked Beans Ve
		Pasta (G) with Tomato & Lentil Sauce (C,g) 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 Gordon
June 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD