

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

Week 1

<b>Monday</b>	<b>Main Meals</b> Lamb Bolognese with Spaghetti (G) Halal Lamb Bolognese with Spaghetti (G) 3 Veg Macaroni Cheese (G,MK) Pasta (G) with Tomato & Basil Sauce	<b>Served With</b> Baked Beans & Peas
		<b>Dessert</b> Chocolate & Sweet Potato Brownie (G,E)
<b>Tuesday</b>	<b>Main Meals</b> Chicken & Bean Chilli with Steamed Rice Halal Chicken & Bean Chilli with Steamed Rice Vegan Bean Chilli (SO) with Steamed Rice Jacket Potato with Baked Beans	<b>Served With</b> Sweetcorn & Broccoli
		<b>Dessert</b> Courgette & Oat Cookie (G)
<b>Wednesday</b>	<b>Main Meals</b> Herby Roast Chicken Fillets with Gravy Halal Herby Roast Chicken Fillets with Gravy Vegan Squash, Sweet Potato & Bean Hot Pot Pasta (G) with Tomato & Basil Sauce	<b>Served With</b> Roast Potatoes, Seasonal Greens & Carrots
		<b>Dessert</b> Vanilla Ice Cream (MK)
<b>Thursday</b>	<b>Main Meals</b> BBQ Chicken Pizza (G,MK,SO) with Baked Wedges Halal BBQ Chicken Pizza (G,MK,SO) with Baked Wedges Margherita Pizza (G,MK,SO) with Baked Wedges Jacket Potato with Cheddar Cheese (MK)	<b>Served With</b> Cauliflower & Roasted Carrots
		<b>Dessert</b> Apple & Parsnip Sponge (G,E)
<b>Friday</b>	<b>Main Meals</b> Fish Fingers (G,F), Chips & Ketchup Vegan Vegetable Fingers, Chips & Ketchup Pasta (G) with Tomato & Basil Sauce	<b>Served With</b> Baked Beans & Peas
		<b>Dessert</b> Fruit Jelly

**Freshly Baked Bread:**  
Tomato & Rosemary (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 17<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar, 21<sup>st</sup> Apr, 12<sup>th</sup> May, 2<sup>nd</sup> Jun, 23<sup>rd</sup> Jun, 14<sup>th</sup> Jul

**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, Yoghurt (SO,MK) or Jelly

Week 2

<b>Monday</b>	<b>Main Meals</b> Chicken & Vegetable Penne Pasta Bake (G,MK) Halal Chicken & Vegetable Penne Pasta Bake (G,MK) Vegan Bolognese (SO,g) with Spaghetti (G) Jacket Potato with Baked Beans	<b>Served With</b> Cauliflower & Green Beans
		<b>Dessert</b> Maryland Cookie (G,mk)
<b>Tuesday</b>	<b>Main Meals</b> Caribbean Chicken & Sweet Potato Curry with Steamed Rice Halal Caribbean Chicken & Sweet Potato Curry with Steamed Rice Vegan Spiced Squash & Potato Samosa (G) Pasta (G) with Squash & Tomato Sauce	<b>Served With</b> Carrots & Peas
		<b>Dessert</b> Carrot & Apple Flapjack (G)
<b>Wednesday</b>	<b>Main Meals</b> Roast Chicken with Gravy Halal Roast Chicken with Gravy Vegan Bombay Chickpea Burrito (G) Pasta (G) with Squash & Tomato Sauce	<b>Served With</b> Roast Potatoes, Seasonal Greens & Carrots
		<b>Dessert</b> Banana & Cinnamon Sponge (G,E)
<b>Thursday</b>	<b>Main Meals</b> Paprika Spiced Chicken & Sweetcorn Pizza (G,MK,SO) with Baked Wedges Halal Paprika Spiced Chicken & Sweetcorn Pizza (G,MK,SO) with Baked Wedges Margherita Pizza (G,MK,SO) with Baked Wedges Jacket Potato with Cheddar Cheese (MK)	<b>Served With</b> Broccoli & Sweetcorn
		<b>Dessert</b> Cherry Shortbread (G,SU)
<b>Friday</b>	<b>Main Meals</b> Fish Fingers (G,F), Chips & Ketchup Vegan Boston BBQ 3 Bean Stew with Baked Jackets Pasta (G) with Squash & Tomato Sauce	<b>Served With</b> Baked Beans & Peas
		<b>Dessert</b> Vanilla Ice Cream (MK)

**Freshly Baked Bread:**  
Beetroot & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> Apr, 28<sup>th</sup> Apr, 19<sup>th</sup> May, 9<sup>th</sup> Jun, 30<sup>th</sup> Jun, 21<sup>st</sup> Jul



Week 3

<b>Monday</b>	<b>Main Meals</b> Soy, Honey Chicken & Vegetable Stir Fry (G,SO) with Egg Noodles (G,E) Halal Soy, Honey Chicken & Vegetable Stir Fry (G,SO) with Egg Noodles (G,E) Vegan Vegetable Jambalaya (g) Pasta (G) with Tomato & Vegetable Sauce	<b>Served With</b> Classic Coleslaw (E) & Sweetcorn
		<b>Dessert</b> Cinnamon Apple Crumble (G) with Custard (MK)
<b>Tuesday</b>	<b>Main Meals</b> Sweet & Sour Chicken (G,C) with Steamed Rice Halal Sweet & Sour Chicken (G,C) with Steamed Rice Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu) Jacket Potato with Baked Beans	<b>Served With</b> Broccoli & Cauliflower
		<b>Dessert</b> Sultana & Oat Cookie (G)
<b>Wednesday</b>	<b>Main Meals</b> Lemon & Thyme Roast Chicken with Gravy Halal Lemon & Thyme Roast Chicken with Gravy Vegan Country Vegetable & Bean Pie (G) Pasta (G) with Tomato & Vegetable Sauce	<b>Served With</b> Roast Potatoes, Seasonal Greens & Carrots
		<b>Dessert</b> Fruit Jelly
<b>Thursday</b>	<b>Main Meals</b> Chicken Tikka Pizza (G,MK,SO) with Baked Wedges Halal Chicken Tikka Pizza (G,MK,SO) with Baked Wedges Margherita Pizza (G,MK,SO) with Baked Wedges Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans	<b>Served With</b> Cauliflower & Roasted Carrots
		<b>Dessert</b> Orange Drizzle Cake (G,E)
<b>Friday</b>	<b>Main Meals</b> Fish Fingers (G,F), Chips & Ketchup Mexican Roasted Vegetable & Bean Quesadilla (G) Wholewheat Pasta (G) with Tomato & Vegetable Sauce	<b>Served With</b> Baked Beans & Peas
		<b>Dessert</b> Chocolate & Courgette Rice Krispie Cake (G)

**Freshly Baked Bread:**  
Pesto & Garlic (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr, 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> Jun, 7<sup>th</sup> Jul, 28<sup>th</sup> Jul

**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)

BM3HalaNonGordon  
Jan 2025  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD