

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

Week 1

Monday

Main Meals

Ham & Pineapple Pizza (G,SO,MK,e) with Baked Jacket Wedges
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V
Jacket Potato with Baked Beans Ve

Sandwich

Chicken Mayonnaise Baguette (G,E,so)
Sweet Potato & Bean Wrap (G) Ve

Served with

Sweetcorn Ve

Dessert

Chocolate Rice Krispie Cake (G) V

Tuesday

Main Meals

Beef Bolognese (C) with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G) Ve
Jacket Potato with Cheese (MK) V

Sandwich

Ham Sandwich (G,SO)
Cheese & Tomato Bloomer (G,MK) V

Served with

Peas Ve

Dessert

Carrot Cake (G,E) V

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese (G,MK) V
Jacket Potato with Salmon Mayonnaise (E,F)

Sandwich

Tuna Sweetcorn Baguette (G,E,F,so)
Houmous & Roast Vegetable Bloomer (G,SU) Ve

Served with

Seasonal Greens Ve

Dessert

Vanilla Ice Cream (MK) V

Thursday

Main Meals

Chicken Fajita Wrap (G)
Vegetable & Bean Burrito (G,SO) Ve
Pasta (G) with Roasted Tomato & Basil Sauce Ve

Sandwich

Tuna Mayo Sandwich (G,E,F,SO)
Cheese Salad Wrap (G,MK) V

Served with

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

Sandwich

Ham Sandwich (G,SO)
Egg Mayo Baguette (G,E,so) V

Served with

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:

28th August, 18th September, 9th October, 30th October, 20th November, 11th December

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

Beef 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

Sandwich

Cheese Sandwich (G,SO,MK) V
Ham Salad Wrap (G)

Served with

Carrot Sticks Ve

Dessert

Lemon Drizzle Sponge (G,E) V

Tuesday

Main Meals

Beef Lasagne (G,MK,e)
Vegetable Fajita Wrap (G,SO) Ve
Jacket Potato with Cheese (MK) V

Sandwich

Egg Mayonnaise Sandwich (G,E,SO) V
Sweet Chilli Chicken Wrap (G)

Served with

Sweetcorn Ve

Dessert

Flapjack (G) Ve

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy
Ratatouille Pasta Bake (G) Ve
Jacket Potato with Baked Beans Ve

Sandwich

Cheese & Tomato Bloomer (G,MK) V
Ham Sandwich (G,SO)

Served with

Pan Fried Leeks Ve

Dessert

Orange Shortbread Biscuit (G) Ve

Thursday

Main Meals

Chicken Tikka Masala (MU) & Rice
Vegetable Pasanda (MU) with Rice Ve
Pasta (G) with Tomato & Vegetable Sauce (g) Ve

Sandwich

Cheese Sandwich (G,SO,MK) V
Chicken Mayonnaise Baguette (G,E,so)

Served with

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

Sandwich

Egg Mayonnaise Sandwich (G,E,SO) V
Ham Salad Baguette (G,so)

Served with

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:

4th September, 25th September, 16th October, 6th November, 27th November
18th December

Week 3

Monday

Main Meals

Cumberland Sausages (G,SU) with Mashed Potato & Gravy
Vegan Sausages (G) with Mashed Potato & Gravy Ve
Pasta (G) with Cheese Sauce (G,MK) V

Sandwich

Ham Salad Wrap (G)
Cheese & Tomato Bloomer (G,MK) V

Served with

Peas Ve

Dessert

Apple & Carrot Flapjack (G) Ve

Tuesday

Main Meals

Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G)
Vegetable Chilli (SO,C,g) with Steamed Rice Ve
Jacket Potato with Cheese (MK) V

Sandwich

Tuna Sweetcorn Baguette (G,E,F,so)
Cheese Sandwich (G,SO,MK) V

Served with

Steamed Carrots Ve

Dessert

Chocolate & Beetroot Brownie (G,E) V

Wednesday

Main Meals

Sticky Glazed Chicken
Margherita Pizza (G,SO,MK,e) V
Pasta (G) with Tomato & Basil Sauce (g) Ve

Sandwich

Tuna Mayonnaise Sandwich (G,E,F,SO)
Cheese Salad Wrap (G,MK) V

Served with

Spicy Potato Wedges Ve
& Coleslaw (E) V

Dessert

Cherry Cornflake Cake (G,SU) V

Thursday

Main Meals

Chicken & Vegetable Chow Mein (G,E,SO,C)
Vegetable Pasta Bake (G,MK,C) V
Jacket Potato with Baked Beans Ve

Sandwich

Chicken Mayonnaise Baguette (G,E,so)
Carrot & Houmous Bloomer (G,SO,SU) Ve

Served with

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

Sandwich

Ham Salad Bloomer (G)
Cream Cheese & Cucumber Bloomer (G,MK) V

Served with

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:

11th September, 2nd October, 23rd October, 13th November, 4th December

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)

BM1 Ghyllgrove
September 2023

All products are subject
to availability

pabulummm
HONESTLY GOOD FOOD

