

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

Week 1

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

### Freshly Baked Bread:

Pesto Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 1:

26<sup>th</sup> June, 17<sup>th</sup> July, 28<sup>th</sup> August, 18<sup>th</sup> September, 9<sup>th</sup> October

Week 2

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

**Freshly Baked Bread:** Tomato & Herb Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 2:

12<sup>th</sup> June, 3<sup>rd</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> October

Week 3

**V** - Suitable for vegetarians  
**Ve** - Suitable for vegans & vegetarians

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

### Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) **V** Wholemeal Bread (G,SO,MK,e) **V**

Week 3:

19<sup>th</sup> June, 10<sup>th</sup> July, 11<sup>th</sup> September, 2<sup>nd</sup> 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**



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