

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

Week 1

Monday	<b>Main Meals</b> Spinach & Pepper Pizza (G,SO,MK,e) with Baked Jacket Wedges V	<b>Vegetables</b> Sweetcorn Ve
	Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V	<b>Dessert</b> Chocolate Rice Krispie Cake (G) V
Jacket Potato with Baked Beans Ve		
Tuesday	<b>Main Meals</b> Lamb & Potato Keema (g) with Yellow Rice Halal Lamb & Potato Keema (g) with Yellow Rice	<b>Vegetables</b> Peas Ve
	Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve	<b>Dessert</b> Carrot Cake (G,E) V
Pasta (G) with Roasted Tomato & Basil Sauce Ve		
Wednesday	<b>Main Meals</b> Roast Chicken with Roast Potatoes & Gravy Halal Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b> Seasonal Greens Ve
	Macaroni & Cheese (G,MK) V	<b>Dessert</b> Vanilla Ice Cream (MK) V
Jacket Potato with Salmon Mayonnaise (E,F)		
Thursday	<b>Main Meals</b> Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)	<b>Vegetables</b> Steamed Carrots Ve
	Vegetable Pasta Bake (G,MK,C) V	<b>Dessert</b> Maryland Cookie (G,mk) V
Jacket Potato with Cheese (MK) V		
Friday	<b>Main Meals</b> Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V	<b>Vegetables</b> Chips & Baked Beans Ve
	Pasta (G) with Cheese Sauce (G,MK) V	<b>Dessert</b> Chocolate & Courgette Sponge (G,E) V
<b>Freshly Baked Bread:</b> 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

## Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our 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	<b>Main Meals</b> Chicken & Sweetcorn Meatball Sub Roll (G,so,se) with Baked Jacket Wedges Halal Chicken & Sweetcorn Meatball Sub Roll (G,so,se) with Baked Jacket Wedges	<b>Vegetables</b> Carrot Sticks Ve
	Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve	<b>Dessert</b> Lemon Drizzle Sponge (G,E) V
Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve		
Tuesday	<b>Main Meals</b> Lamb Lasagne (G,MK,e) Halal Lamb Lasagne (G,MK,e) Chunky Vegetable Dhal (C,g) with Rice Ve	<b>Vegetables</b> Sweetcorn Ve
	Jacket Potato with Cheese (MK) V	<b>Dessert</b> Flapjack (G) Ve
Wednesday	<b>Main Meals</b> Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	<b>Vegetables</b> Broccoli Ve
	Ratatouille Pasta Bake (G) Ve	<b>Dessert</b> Orange Shortbread Biscuit (G) Ve
Jacket Potato with Baked Beans Ve		
Thursday	<b>Main Meals</b> Chicken Biryani (MU,g) Halal Chicken Biryani (MU,g) Vegetable Biryani (MU,g) Ve	<b>Vegetables</b> Peas Ve
	Pasta (G) with Tomato & Vegetable Sauce (g) Ve	<b>Dessert</b> Apple Crumble (G) Ve with Custard (MK) V
Friday	<b>Main Meals</b> Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve	<b>Vegetables</b> Chips & Baked Beans Ve
	Pasta (G) with Cheese Sauce (G,MK) V	<b>Dessert</b> Apple & Parsnip Cake (G,E) V
<b>Freshly Baked Bread:</b> 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



## 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	<b>Main Meals</b> Chicken & Vegetable Pie (G) with Mashed Potato & Gravy Halal Chicken & Vegetable Pie (G) with Mashed Potato & Gravy	<b>Vegetables</b> Peas Ve
	Vegan Sausages (G) with Mashed Potato & Gravy Ve	<b>Dessert</b> Apple & Carrot Flapjack (G) Ve
Pasta (G) with Cheese Sauce (G,MK) V		
Tuesday	<b>Main Meals</b> Lamb Bolognese (g) with Spaghetti (G) Halal Lamb Bolognese (g) with Spaghetti (G) Vegan Bolognese (SO,g) with Spaghetti (G) Ve	<b>Vegetables</b> Steamed Carrots Ve
	Jacket Potato with Cheese (MK) V	<b>Dessert</b> Chocolate & Beetroot Brownie (G,E) V
Wednesday	<b>Main Meals</b> Sticky Glazed Chicken Halal Sticky Glazed Chicken Margherita Pizza (G,SO,MK,e) V	<b>Vegetables</b> Spicy Potato Wedges Ve & Coleslaw (E) V
	Pasta (G) with Tomato & Basil Sauce (g) Ve	<b>Dessert</b> Cherry Cornflake Cake (G,SU) V
Thursday	<b>Main Meals</b> Chicken Tikka Masala (MU) & Rice Halal Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve	<b>Vegetables</b> Sweetcorn Ve
	Jacket Potato with Baked Beans Ve	<b>Dessert</b> Vanilla Ice Cream (MK) V
Friday	<b>Main Meals</b> Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve	<b>Vegetables</b> Chips & Baked Beans Ve
	Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	<b>Dessert</b> Chocolate Shortbread Biscuit (G) Ve
<b>Freshly Baked Bread:</b> 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

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 Wood End  
June 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD