

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

Week 1

Monday

Main Meals

BBQ Chicken 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

Vegetables

Sweetcorn Ve

Dessert

Chocolate Rice Krispie Cake (G) V

Tuesday

Main Meals

Lamb Bolognese (g) with Spaghetti (G)

Vegan Bolognese (SO,g) with Spaghetti (G) Ve

Jacket Potato with Cheese (MK) V

Vegetables

Peas Ve

Dessert

Carrot Cake (G,E) V

Wednesday

Main Meals

Roast Chicken Drumstick with Roast Potatoes & Gravy

Macaroni & Cheese (G,MK) V

Jacket Potato with Salmon Mayonnaise (E,F)

Vegetables

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

Vegetables

Steamed Carrots Ve

Dessert

Maryland Cookie (G,mk) V

Friday

Main Meals

Breaded Fish Fingers (G,F)

Vegetable Fingers Ve

Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

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:

26th June, 17th July, 28th August, 18th September, 9th 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

Week 2

Monday

Main Meals

Chicken & Sweetcorn Meatball Sub Roll (G,so,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

Vegetables

Carrot Sticks Ve

Dessert

Lemon Drizzle Sponge (G,E) V

Tuesday

Main Meals

Lamb Lasagne (G,MK,e)

Vegetable Fajita Wrap (G,SO) Ve

Jacket Potato with Cheese (MK) V

Vegetables

Sweetcorn Ve

Dessert

Flapjack (G) Ve

Wednesday

Main Meals

Lemon & Thyme Roast Chicken Drumstick with Roast Potatoes & Gravy

Mushroom & Vegetable Chow Mein (G,E,SO,C) V

Jacket Potato with Baked Beans Ve

Vegetables

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

Vegetables

Broccoli Ve

Dessert

Apple Crumble (G) Ve with Custard (MK) V

Friday

Main Meals

Battered Fish (G,F)

Vegetable Fingers Ve

Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

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:

12th June, 3rd July, 4th September, 25th September, 16th October

Week 3

Monday

Main Meals

Chicken & Vegetable Pie (G) with Mashed Potato & Gravy

Vegan Sausages (G) with Mashed Potato & Gravy Ve

Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

Peas Ve

Dessert

Apple & Carrot Flapjack (G) Ve

Tuesday

Main Meals

Lamb Chilli (C,g) with Steamed Rice

Vegetable Chilli (SO,C,g) with Steamed Rice Ve

Jacket Potato with Cheese (MK) V

Vegetables

Steamed Carrots Ve

Dessert

Chocolate & Beetroot Brownie (G,E) V

Wednesday

Main Meals

Sticky Glazed Chicken Drumstick

Vegetable Frittata (E,MK,MU) V

Pasta (G) with Tomato & Basil Sauce (g) Ve

Vegetables

Spicy Potato Wedges Ve & Coleslaw (E) V

Dessert

Cherry Cornflake Cake (G,SU) V

Thursday

Main Meals

Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)

Vegetable Pasta Bake (G,MK,C) V

Jacket Potato with Baked Beans Ve

Vegetables

Pan Fried Leeks Ve

Dessert

Vanilla Ice Cream (MK) V

Friday

Main Meals

Breaded Fish Fingers (G,F)

Vegetable Fingers Ve

Pasta (G) with Tomato & Lentil Sauce (C,g) Ve

Vegetables

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:

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 Preston Park
June 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

