

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

Week 1

Monday

Main Meals

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

Sandwiches

Tuna Sweetcorn Baguette (G,E,F,so)
Cheese Salad Wrap (G,MK) **V**

Served with

Steamed Carrots **Ve**

Dessert

Maryland Cookie (G,mk) **V**

Tuesday

Main Meals

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

Sandwiches

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 Baked Beans **Ve** or Salmon
Mayonnaise (E,F)

Sandwiches

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

Served with

Seasonal Greens **Ve**

Dessert

Vanilla Ice Cream (MK) **V**

Thursday

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**

Sandwiches

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

Served with

Sweetcorn **Ve**

Dessert

Chocolate Rice Krispie
Cake (G) **V**

Friday

Main Meals

Breaded Fish Fingers (G,F)
Vegetable & Bean Chimichangas (G,MK,C) **V**
Pasta (G) with Cheese Sauce (G,MK) **V**

Sandwiches

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**

Sandwiches

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

Sweet & Sour Pork (G,C) with Rice
Vegetable Biryani (MU,g) **Ve**
Jacket Potato with Cheese (MK) **V**

Sandwiches

Egg Mayonnaise Sandwich (G,E,SO) **V**
Cheese Salad Wrap (G,MK) **V**

Served with

Sweetcorn **Ve**

Dessert

Flapjack (G) **Ve**

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy
Vegetable Pasta Bake (G,MK,C) **V**
Jacket Potato with Baked Beans **Ve**

Sandwiches

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**

Sandwiches

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**

Sandwiches

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**

Sandwiches

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 Fajita Wrap (G,SO) **Ve**
Jacket Potato with Cheese (MK) **V**

Sandwiches

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**

Sandwiches

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

Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)
Mushroom & Vegetable Chow Mein (G,E,SO,C) **V**
Jacket Potato with Baked Beans **Ve**

Sandwiches

Chicken Mayonnaise Baguette (G,E,so)
Ham Sandwich (G,SO)

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**

Sandwiches

Ham Salad Bloomer (G)
Cheese Sandwich (G,SO,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 Cleves
Sept 2023

All products are subject
to availability

pabulummm
HONESTLY GOOD FOOD