

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

Week 1

Monday

Main Meals
Beef Bolognese with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G)
Baked Jackets with Grated Cheese (MK)

Served with
Peas & Broccoli

Sandwiches
Chicken Mayonnaise Baguette (G,E,so)
Cheese Salad Wrap (G,MK)

Dessert
Maryland Cookie (G,mk)

Tuesday

Main Meals
Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges
Margherita Pizza (G,SO,MK,e) with Baked Wedges
Pasta (G) & Tomato Sauce

Served with
Carrots & Sweetcorn

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

Dessert
Apple Crumble (G) with Custard (MK)

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Squash & Lentil Lasagne (G,MK,e)
Baked Jackets with Baked Beans

Served with
Seasonal Greens & Cauliflower

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

Dessert
Cherry Cornflake Cake (G,SU)

Thursday

Main Meals
Chilli Con Carne with Steamed Rice
Vegan Bean Chilli (SO) with Steamed Rice
Pasta (G) & Tomato Sauce

Served with
Broccoli & Carrots

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

Dessert
Chocolate & Pear Sponge (G,E)

Friday

Main Meals
Breaded Fish Fingers (G,F) with Chips & Ketchup
Vegan Goujons with Chips & Ketchup
Baked Jackets with Grated Cheese (MK)

Served with
Peas & Baked Beans

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

Dessert
Banana Flapjack (G)

Freshly Baked Bread:

Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 1st January, 22nd January, 12th February, 4th March, 25th March, 15th April, 6th May

Available Every Day:
Fresh Fruit, Yoghurt (SO,MK) or Jelly

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.

Week 2

Monday

Main Meals
Pork Sausage (G,SU) with Mashed Potato & Gravy
Vegan Sausage (SO) with Mashed Potato & Gravy
Pasta (G) & Tomato Sauce

Served with
Sweetcorn & Baked Beans

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

Dessert
Chocolate Rice Krispie Cake (G)

Tuesday

Main Meals
Chicken & Sweetcorn Pasta (G,MK)
Vegan Tomato & Mixed Bean Sauce with Fusilli (G)
Baked Jackets with Grated Cheese (MK)

Served with
Carrots & Broccoli

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

Dessert
Mandarin Jelly

Wednesday

Main Meals
Honey Roast Gammon with Roast Potatoes & Gravy
Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)
Wholewheat Pasta (G) & Tomato Sauce

Served with
Seasonal Greens & Peas

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

Dessert
Vanilla Ice Cream (MK)

Thursday

Main Meals
Beef Keema with Turmeric Rice
Vegan Layered Vegetable & Sweet Potato Bake
Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)

Served with
Carrots & Sweetcorn

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

Dessert
Apple Flapjack (G)

Friday

Main Meals
Breaded Fish Fingers (G,F) with Chips & Ketchup
Vegan Fajita Wrap (G) with Chips & Ketchup
Pasta (G) & Tomato Sauce

Served with
Peas & Baked Beans

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

Dessert
Lemon Drizzle Sponge (G,E)

Freshly Baked Bread:

Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 8th January, 29th January, 19th February, 11th March, 1st April, 22nd April, 13th May

Week 3

Monday

Main Meals
Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)
Vegan Roasted Ratatouille with Penne (G)
Baked Jackets with Grated Cheese (MK)

Served with
Carrots & Broccoli

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

Dessert
Orange Shortbread Biscuit (G)

Tuesday

Main Meals
Fajita Spiced Turkey & Vegetables with Steamed Rice
Vegan Burrito (G,SO)
Pasta (G) & Tomato Sauce

Served with
Sweetcorn & Coleslaw (E)

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

Dessert
Carrot Cake (G,E)

Wednesday

Main Meals
Herby Roast Chicken with Roast Potatoes & Gravy
3 Vegetable Mac n' Cheese (G,MK)
Baked Jackets with Baked Beans

Served with
Seasonal Greens & Broccoli

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

Dessert
Chocolate Brownie (G,E)

Thursday

Main Meals
Traditional Beef Lasagne (G,MK,e)
Vegan Chickpea & Spinach Korma with Steamed Rice
Pasta (G) & Tomato Sauce

Served with
Cauliflower & Carrots

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

Dessert
Vanilla Ice Cream (MK)

Friday

Main Meals
Breaded Fish Fingers (G,F) with Chips & Ketchup
Vegan Bubble & Squeak with Chips & Ketchup
Baked Jackets with Grated Cheese (MK)

Served with
Peas & Baked Beans

Sandwiches
Ham Salad Bloomer (G,SO)
Cheese Sandwich (G,SO,MK)

Dessert
Apple Cake (G,E)

Freshly Baked Bread:

Courgette & Tomato (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 15th January, 5th February, 26th February, 18th March, 8th April, 29th April, 20th May

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 Hamstel
Jan 2024

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

