

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

Week 1

Monday	Main Meals Beef Bolognese with Spaghetti (G) Baked Jackets with Grated Cheese (MK)	Served With Peas & Broccoli	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
	Main Meals Margherita Pizza (G,SO,MK,e) with Baked Wedges Pasta (G) & Tomato Sauce	Served With Carrots & Sweetcorn	Dessert Apple Crumble (G) with Custard (MK)
Wednesday	Main Meals Roast Chicken with Roast Potatoes & Gravy Squash & Lentil Lasagne (G,MK,e)	Served With Seasonal Greens & Cauliflower	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
	Main Meals Macaroni & Cheese Bolognese Bake (G,MK,C) Vegan Bean Chilli (SO) with Steamed Rice	Served With Broccoli & Carrots	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
Friday	Main Meals Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Goujons with Chips & Ketchup	Served With Peas & Baked Beans	Dessert Banana Flapjack (G)
	Freshly Baked Bread: Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)		

Week 1:

27th May, 17th June, 8th July, 2nd Sept, 23rd Sept, 14th Oct,
4th Nov, 25th Nov, 16th Dec

Week 2

Monday	Main Meals Pork Sausage (G,SU) with Mashed Potato & Gravy Pasta (G) & Tomato Sauce	Served With Sweetcorn & Baked Beans	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
	Main Meals Creamy Chicken & Vegetable Pesto Pasta Bake Baked Jackets with Grated Cheese (MK)	Served With Carrots & Broccoli	Dessert Apple Cake (G,E)
Wednesday	Main Meals Honey Roast Gammon with Roast Potatoes & Gravy Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)	Served With Seasonal Greens & Peas	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
	Main Meals Mild Chicken & Vegetable Curry with Steamed Rice Spanish Omelette (E)	Served With Carrots & Sweetcorn	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
Friday	Main Meals Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Fajita Wrap (G) with Chips & Ketchup	Served With Peas & Baked Beans	Dessert Lemon Drizzle Sponge (G,E)
	Freshly Baked Bread: Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)		

Week 2:

3rd June, 24th June, 15th July, 9th Sept, 30th Sept, 21st Oct,
11th Nov, 2nd Dec

Week 3

Monday	Main Meals Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G) Baked Jackets with Grated Cheese (MK)	Served With Carrots & Broccoli	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
	Main Meals Caribbean Chicken Curry with Steamed Rice Pasta (G) & Tomato Sauce	Served With Sweetcorn & Coleslaw (E)	Dessert Carrot Cake (G,E)
Wednesday	Main Meals Herby Roast Chicken with Roast Potatoes & Gravy 3 Vegetable Mac n' Cheese (G,MK)	Served With Seasonal Greens & Broccoli	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
	Main Meals Traditional Beef Lasagne (G,MK,e) Vegan Chickpea & Spinach Korma with Steamed Rice	Served With Cauliflower & Carrots	Dessert Fresh Fruit, Yoghurt (SO,MK) or Jelly
Friday	Main Meals Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Bubble & Squeak with Chips & Ketchup	Served With Peas & Baked Beans	Dessert Apple & Parsnip Cake (G,E)
	Freshly Baked Bread: Courgette & Tomato (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)		

Week 3:

10th June, 1st July, 22nd July, 16th Sept, 7th Oct, 28th Oct,
18th Nov, 9th Dec

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.



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 Kelvedon
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All products are subject to availability

pabulummm
HONESTLY GOOD FOOD