

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

Week 1

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

Week 1:

27<sup>th</sup> May, 17<sup>th</sup> June, 8<sup>th</sup> July, 2<sup>nd</sup> Sept, 23<sup>rd</sup> Sept, 14<sup>th</sup> Oct, 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> 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.

Week 2

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

Week 2:

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

**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

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

Week 3:

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

**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

May 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD