

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

Week 1

Monday	Main Meals	Vegan Bolognese (SO,g) with Spaghetti (G) Baked Jackets with Grated Cheese (MK)	Served With	Peas & Broccoli	Dessert	Maryland Cookie (G,mk)
	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	Dessert	Apple Crumble (G) with Custard (MK)
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy Baked Jackets with Baked Beans	Served With	Seasonal Greens & Cauliflower	Dessert	Cherry Cornflake Cake (G,SU)
	Main Meals	Chilli Con Carne with Steamed Rice Vegan Bean Chilli (SO) with Steamed Rice Pasta (G) & Tomato Sauce	Served With	Broccoli & Carrots	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	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

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, Yoghurt (SO,MK) or Jelly

Week 2

Monday	Main Meals	Vegan Cottage Pie (SO,g) Vegan Sausage (SO) with Mashed Potato & Gravy Pasta (G) & Tomato Sauce	Served With	Sweetcorn & Baked Beans	Dessert	Chocolate Rice Krispie Cake (G)
	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	Dessert	Mandarin Jelly
Wednesday	Main Meals	Honey Roast Gammon with Roast Potatoes & Gravy Wholewheat Pasta (G) & Tomato Sauce	Served With	Seasonal Greens & Peas	Dessert	Vanilla Ice Cream (MK)
	Main Meals	Beef Keema with Turmeric Rice Vegan Chickpea & Spinach Korma with Steamed Rice Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)	Served With	Carrots & Sweetcorn	Dessert	Apple & Carrot Flapjack (G)
Friday	Main Meals	Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Goujons with Chips & Ketchup Pasta (G) & Tomato Sauce	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:
8th January, 29th January, 19th February, 11th March, 1st April, 22nd April, 13th May



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	Main Meals	Vegan Vegetable Paella Vegan Roasted Ratatouille with Penne (G) Baked Jackets with Grated Cheese (MK)	Served With	Carrots & Broccoli	Dessert	Orange Shortbread Biscuit (G)
	Main Meals	Sweet & Sour Pork (G,C) with Steamed Rice Vegan Sweet & Sour Vegetables (G,SO) with Steamed Rice Pasta (G) & Tomato Sauce	Served With	Sweetcorn & Coleslaw (E)	Dessert	Carrot Cake (G,E)
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy 3 Vegetable Mac n' Cheese (G,MK) Baked Jackets with Baked Beans	Served With	Seasonal Greens & Broccoli	Dessert	Chocolate & Beetroot Brownie (G,E)
	Main Meals	Traditional Beef Lasagne (G,MK,e) Vegan Layered Vegetable & Sweet Potato Bake Baked Jackets with Grated Cheese (MK)	Served With	Cauliflower & Carrots	Dessert	Vanilla Ice Cream (MK)
Friday	Main Meals	Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Goujons with Chips & Ketchup Pasta (G) & Tomato Sauce	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:
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 MFMBeaulieuPark
Jan 2024
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD