

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

Dessert
 Maryland Cookie (G,mk)

Tuesday

Main Meals
 Pork & Vegetable Stir Fry (G,SO) with Steamed Rice
 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)
 Baked Jackets with Baked Beans

Served With
 Seasonal Greens & Cauliflower

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

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

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

Dessert
 Chocolate Rice Krispie Cake (G)

Tuesday

Main Meals
 Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges
 Vegan Lentil & Vegetable Curry (g) with Steamed Rice
 Baked Jackets with Grated Cheese (MK)

Served With
 Carrots & Broccoli

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

Dessert
 Vanilla Ice Cream (MK)

Thursday

Main Meals
 Cottage Pie Topped with Sweet Potato Mash (g)
 Vegan Layered Vegetable & Sweet Potato Bake
 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 Fajita Wrap (G) 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

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

Dessert
 Orange Shortbread Biscuit (G)

Tuesday

Main Meals
 Bacon & Mushroom Carbonara (G,MK) with Pasta (G)
 Margherita Pizza (G,SO,MK,e) with Baked Wedges
 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)
 Baked Jackets with Baked Beans

Served With
 Seasonal Greens & Broccoli

Dessert
 Chocolate & Beetroot Brownie (G,E)

Thursday

Main Meals
 Traditional Beef Lasagne (G,MK,e)
 Vegan Caribbean Vegetable Curry (g) with Wraps (G)
 Pasta (G) & Tomato Sauce

Served With
 Cauliflower & Carrots

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

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 StJohns
 Jan 2024

All products are subject to availability

pabulummm
 HONESTLY GOOD FOOD

