

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

Week 1

Monday

Main Meals

Beef Bolognese with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G)

Served With

Peas & Broccoli

Dessert

Fresh Fruit, Yoghurt (SO,MK) or Jelly

Tuesday

Main Meals

BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges
Margherita Pizza (G,SO,MK,e) with Baked Wedges

Served With

Carrots & Sweetcorn

Dessert

Fresh Fruit, Yoghurt (SO,MK) or Jelly

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

Thursday

Main Meals

Chilli Con Carne with Steamed Rice
Pasta (G) & Tomato Sauce

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:

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

Chicken & Beef Sausage with Mashed Potato & Gravy
Vegan Sausage (SO) with Mashed Potato & Gravy

Served With

Sweetcorn & Baked Beans

Dessert

Fresh Fruit, Yoghurt (SO,MK) or Jelly

Tuesday

Main Meals

Chicken & Sweetcorn Pasta (G,MK)
Baked Jackets with Grated Cheese (MK) or Salmon Mayonnaise (F,E)

Served With

Carrots & Broccoli

Dessert

Fresh Fruit, Yoghurt (SO,MK) or Jelly

Wednesday

Main Meals

Roast Turkey with Roast Potatoes & Gravy
Wholewheat Pasta (G) & Tomato Sauce

Served With

Seasonal Greens & Peas

Dessert

Fresh Fruit, Yoghurt (SO,MK) or Jelly

Thursday

Main Meals

Beef Keema with Turmeric Rice
Vegan Layered Vegetable & Sweet Potato Bake

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:

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)

Served With

Carrots & Broccoli

Dessert

Fresh Fruit, Yoghurt (SO,MK) or Jelly

Tuesday

Main Meals

Fajita Spiced Turkey & Vegetables with Steamed Rice
Pasta (G) & Tomato Sauce

Served With

Sweetcorn & Coleslaw (E)

Dessert

Fresh Fruit, Yoghurt (SO,MK) or Jelly

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

Thursday

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:

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)

BM2 Hogarth

Jan 2024

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

