

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

Week 1

<b>Monday</b>	<b>Main Meals</b> Spinach & Pepper Pizza (G,SO,MK,e) with Baked Jacket Wedges V Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V Jacket Potato with Baked Beans Ve	<b>Vegetables</b> Sweetcorn Ve <b>Dessert</b> Chocolate Rice Krispie Cake (G) V
	<b>Main Meals</b> Beef & Potato Keema (g) with Yellow Rice Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve Pasta (G) with Roasted Tomato & Basil Sauce Ve	<b>Vegetables</b> Peas Ve <b>Dessert</b> Carrot Cake (G,E) V
<b>Wednesday</b>	<b>Main Meals</b> Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese (G,MK) V Jacket Potato with Salmon Mayonnaise (E,F)	<b>Vegetables</b> Seasonal Greens Ve <b>Dessert</b> Shortbread Biscuit (G) Ve
	<b>Main Meals</b> Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Vegetable Pasta Bake (G,MK,C) V Jacket Potato with Cheese (MK) V	<b>Vegetables</b> Steamed Carrots Ve <b>Dessert</b> Maryland Cookie (G,mk) V
<b>Friday</b>	<b>Main Meals</b> Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V Pasta (G) with Cheese Sauce (G,MK) V	<b>Vegetables</b> Chips & Baked Beans Ve <b>Dessert</b> Chocolate & Courgette Sponge (G,E) V
	<b>Freshly Baked Bread:</b> Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V	

Week 1:

28th August, 18th September, 9th October, 30th October, 20th November, 11th December

## 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 Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

<b>Monday</b>	<b>Main Meals</b> Chicken & Sweetcorn Meatball Sub Roll (G,so,se) with Baked Jacket Wedges Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	<b>Vegetables</b> Carrot Sticks Ve <b>Dessert</b> Lemon Drizzle Sponge (G,E) V
	<b>Main Meals</b> Beef Lasagne (G,MK,e) Chunky Vegetable Dhal (C,g) with Rice Ve Jacket Potato with Cheese (MK) V	<b>Vegetables</b> Sweetcorn Ve <b>Dessert</b> Flapjack (G) Ve
<b>Wednesday</b>	<b>Main Meals</b> Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Ratatouille Pasta Bake (G) Ve Jacket Potato with Baked Beans Ve	<b>Vegetables</b> Broccoli Ve <b>Dessert</b> Orange Shortbread Biscuit (G) Ve
	<b>Main Meals</b> Chicken Biryani (MU,g) Vegetable Biryani (MU,g) Ve Pasta (G) with Tomato & Vegetable Sauce (g) Ve	<b>Vegetables</b> Peas Ve <b>Dessert</b> Apple Crumble (G) Ve with Custard (MK) V
<b>Friday</b>	<b>Main Meals</b> Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve Pasta (G) with Cheese Sauce (G,MK) V	<b>Vegetables</b> Chips & Baked Beans Ve <b>Dessert</b> Apple & Parsnip Cake (G,E) V
	<b>Freshly Baked Bread:</b> Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V	

Week 2:

4th September, 25th September, 16th October, 6th November, 27th November, 18th December



## 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

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians

<b>Monday</b>	<b>Main Meals</b> Chicken and Beef Sausages with Mashed Potato & Gravy Vegan Sausages (G) with Mashed Potato & Gravy Ve Pasta (G) with Cheese Sauce (G,MK) V	<b>Vegetables</b> Peas Ve <b>Dessert</b> Apple & Carrot Flapjack (G) Ve
	<b>Main Meals</b> Beef Bolognese (C) with Spaghetti (G) Vegan Bolognese (SO,g) with Spaghetti (G) Ve Jacket Potato with Cheese (MK) V	<b>Vegetables</b> Steamed Carrots Ve <b>Dessert</b> Chocolate & Beetroot Brownie (G,E) V
<b>Wednesday</b>	<b>Main Meals</b> Sticky Glazed Chicken Margherita Pizza (G,SO,MK,e) V Pasta (G) with Tomato & Basil Sauce (g) Ve	<b>Vegetables</b> Spicy Potato Wedges Ve & Coleslaw (E) V <b>Dessert</b> Cherry Cornflake Cake (G,SU) V
	<b>Main Meals</b> Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve Jacket Potato with Baked Beans Ve	<b>Vegetables</b> Sweetcorn Ve <b>Dessert</b> Maryland Cookie (G,mk) V
<b>Friday</b>	<b>Main Meals</b> Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	<b>Vegetables</b> Chips & Baked Beans Ve <b>Dessert</b> Chocolate Shortbread Biscuit (G) Ve

## Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:

11th September, 2nd October, 23rd October, 13th November, 4th December

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 Iver  
Sept 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD