

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

Week 1

**Monday**

**Main Meals**  
Roasted Vegetable & Lentil Loaf (G)  
Vegan Bolognese (SO,g) with Spaghetti (G)  
Baked Jackets with Grated Cheese (MK)

**Served With**  
Peas & Broccoli

**Dessert**  
Fruit & Yoghurt (SO,MK)

**Tuesday**

**Main Meals**  
BBQ Chicken 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  
Squash & Lentil Lasagne (G,MK,e)  
Baked Jackets with Baked Beans

**Served With**  
Seasonal Greens & Cauliflower

**Dessert**  
Fruit & Yoghurt (SO,MK)

**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**  
Fruit & Yoghurt (SO,MK)

**Freshly Baked Bread:**  
Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

**Week 1:**  
1<sup>st</sup> January, 22<sup>nd</sup> January, 12<sup>th</sup> February, 4<sup>th</sup> March, 25<sup>th</sup> March, 15<sup>th</sup> April, 6<sup>th</sup> 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**  
Vegan Cottage Pie (SO,g)  
Vegan Sausage (SO) with Mashed Potato & Gravy  
Pasta (G) & Tomato Sauce

**Served With**  
Sweetcorn & Baked Beans

**Dessert**  
Fruit & Yoghurt (SO,MK)

**Tuesday**

**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**  
Roast Turkey 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**  
Fruit & Yoghurt (SO,MK)

**Thursday**

**Main Meals**  
Macaroni & Cheese Bolognese Bake (G,MK,C)  
Vegan Caribbean Vegetable Curry (g) with Wraps (G)  
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**  
Fruit & Yoghurt (SO,MK)

**Freshly Baked Bread:**  
Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

**Week 2:**  
8<sup>th</sup> January, 29<sup>th</sup> January, 19<sup>th</sup> February, 11<sup>th</sup> March, 1<sup>st</sup> April, 22<sup>nd</sup> April, 13<sup>th</sup> May

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**  
Fruit & Yoghurt (SO,MK)

**Tuesday**

**Main Meals**  
Fajita Spiced Turkey & Vegetables with Steamed Rice  
Vegan Burrito (G,SO)  
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**  
Fruit & Yoghurt (SO,MK)

**Thursday**

**Main Meals**  
Traditional Beef Lasagne (G,MK,e)  
Vegan Chickpea & Spinach Korma with Steamed Rice  
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**  
Fruit & Yoghurt (SO,MK)

**Freshly Baked Bread:**  
Courgette & Tomato (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

**Week 3:**  
15<sup>th</sup> January, 5<sup>th</sup> February, 26<sup>th</sup> February, 18<sup>th</sup> March, 8<sup>th</sup> April, 29<sup>th</sup> April, 20<sup>th</sup> 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 MFMMuswellHill  
Jan 2024  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD



## Made Fresh Every Day

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.