

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

Week 1

Monday

Main Meals
Vegan Vegetable Dhal (g) with Steamed Rice
Vegan Bolognese (SO,g) with Spaghetti (G)
Baked Jackets with Grated Cheese (MK)

Served With
Peas & Broccoli

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Tuesday

Main Meals
Halal 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
Fresh Fruit & Yoghurt (SO,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
Fresh Fruit & Yoghurt (SO,MK)

Thursday

Main Meals
Vegan Caribbean Vegetable Curry (g) with Steamed Rice
Vegan Bean Chilli (SO) with Steamed Rice
Pasta (G) & Tomato Sauce

Served With
Broccoli & Carrots

Dessert
Fresh Fruit & Yoghurt (SO,MK)

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
Maryland Cookie (G,mk)

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)

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) & Gravy
Vegan Sausage (SO) with Mashed Potato & Gravy
Pasta (G) & Tomato Sauce

Served With
Sweetcorn & Baked Beans

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Tuesday

Main Meals
Halal Roast Chicken with Roast Potatoes & Gravy
Vegan Tomato & Mixed Bean Sauce with Fusilli (G)
Baked Jackets with Grated Cheese (MK)

Served With
Carrots & Broccoli

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Wednesday

Main Meals
Chicken & Sweetcorn Pasta (G,MK)
Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)
Wholewheat Pasta (G) & Tomato Sauce

Served With
Seasonal Greens & Peas

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Thursday

Main Meals
Vegetable Keema (SO,g) with Turmeric Rice
Vegan Layered Vegetable & Sweet Potato Bake
Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)

Served With
Carrots & Sweetcorn

Dessert
Fresh Fruit & Yoghurt (SO,MK)

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
Vegan Vegetable Biryani
Vegan Roasted Ratatouille with Penne (G)
Baked Jackets with Grated Cheese (MK)

Served With
Carrots & Broccoli

Dessert
Fresh Fruit & Yoghurt (SO,MK)

Tuesday

Main Meals
Halal Fajita Spiced Turkey & Vegetables with Steamed Rice
Vegan Burrito (G,SO)
Pasta (G) & Tomato Sauce

Served With
Sweetcorn & Coleslaw (E)

Dessert
Fresh Fruit & Yoghurt (SO,MK)

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
Fresh Fruit & Yoghurt (SO,MK)

Thursday

Main Meals
Roasted Vegetable & Lentil Loaf (G)
Vegan Chickpea & Spinach Korma with Steamed Rice
Pasta (G) & Tomato Sauce

Served With
Cauliflower & Carrots

Dessert
Fresh Fruit & Yoghurt (SO,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
Vanilla Ice Cream (MK)

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)

BM3 BlairPeach
Jan 2024
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

