

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

Week 1

Monday

Main Meals

Lamb Bolognese with Spaghetti (G)
Halal Lamb Bolognese with Spaghetti (G)
Vegan Bolognese (SO,g)
with Spaghetti (G)
Baked Jackets with Grated Cheese (MK)
or Baked Beans

Served With

Peas & Broccoli

Dessert

Maryland Cookie (G,mk)

Tuesday

Main Meals

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

Apple Crumble (G)
with Custard (MK)

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken
with Roast Potatoes & Gravy
Squash & Lentil Lasagne (G,MK,e)
Baked Jackets with Grated Cheese (MK)
or Baked Beans

Served With

Seasonal Greens
& Cauliflower

Dessert

Cherry Cornflake
Cake (G,SU)

Thursday

Main Meals

Lamb Chilli Con Carne with Steamed Rice
Halal Lamb 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)
or Baked Beans

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

Creamy Chicken & Mushroom (G,MK)
with Mashed Potato
Halal Creamy Chicken & Mushroom (G,MK)
with Mashed Potato
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

Chicken & Sweetcorn Pasta (G,MK)
Halal Chicken & Sweetcorn Pasta (G,MK)
Vegan Tomato & Mixed Bean Sauce
with Fusilli (G)
Baked Jackets with Grated Cheese (MK)
or Baked Beans

Served With

Carrots & Broccoli

Dessert

Vanilla Shortbread (G)

Wednesday

Main Meals

Roast Turkey with Roast Potatoes & Gravy
Halal 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

Vanilla Ice Cream (MK)

Thursday

Main Meals

Lamb Keema with Turmeric Rice
Halal Lamb Keema with Turmeric Rice
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)
Halal Chicken & Sweetcorn Meatballs
with Tomato Sauce & Penne (G)
Vegan Roasted Ratatouille with Penne (G)
Baked Jackets with Grated Cheese (MK)
or Baked Beans

Served With

Carrots & Broccoli

Dessert

Orange Shortbread
Biscuit (G)

Tuesday

Main Meals

Mild Chicken & Vegetable Curry
with Steamed Rice
Halal Mild Chicken & Vegetable Curry
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
Halal Herby Roast Chicken
with Roast Potatoes & Gravy
3 Vegetable Mac n' Cheese (G,MK)
Baked Jackets with Grated Cheese (MK)
or Baked Beans

Served With

Seasonal Greens
& Broccoli

Dessert

Chocolate & Beetroot
Brownie (G,E)

Thursday

Main Meals

Macaroni & Cheese Lamb Bolognese Bake
(G,MK,C)
Halal Macaroni & Cheese Lamb Bolognese
Bake (G,MK,C)
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

Served With

Peas & Baked Beans

Dessert

Apple & Parsnip Cake
(G,E)

Baked Jackets with Grated Cheese (MK)
or Baked Beans

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 HalalNonCranford
Jan 2024

All products are subject
to availability

pabulummm
HONESTLY GOOD FOOD

