

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)
Served With
 Peas & Broccoli
Dessert
 Maryland Cookie (G,mk)

Tuesday
Main Meals
 Sweet & Sour Chicken (G,C) with Steamed Rice
 Halal Sweet & Sour Chicken (G,C) with Steamed Rice
 Vegan Sweet & Sour Vegetables (G,SO) with Steamed Rice
 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
 Vegan Vegetable Biryani
 Baked Jackets with Baked Beans
Served With
 Seasonal Greens & Cauliflower
Dessert
 Cherry Cornflake Cake (G,SU)

Thursday
Main Meals
 BBQ Chicken Pizza (G,SO,MK) with Baked Wedges
 Halal BBQ Chicken Pizza (G,SO,MK) with Baked Wedges
 Margherita Pizza (G,SO,MK) with Baked Wedges
 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
 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 Pie (G,MK) with Mashed Potato & Gravy
 Halal Chicken Pie (G,MK) with Mashed Potato & Gravy
 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 & Mushroom Carbonara (G,MK) with Pasta (G)
 Halal Chicken & Mushroom Carbonara (G,MK) with Pasta (G)
 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 Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 Vegan Sweet Chilli Stir-fry Mushroom with Steamed Rice (G,SO)
 Wholewheat Pasta (G) & Tomato Sauce
Served With
 Seasonal Greens & Peas
Dessert
 Vanilla Ice Cream (MK)

Thursday
Main Meals
 Margherita Pizza (G,SO,MK) with Baked Wedges
 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



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

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)
Served With
 Carrots & Broccoli
Dessert
 Orange Shortbread Biscuit (G)

Tuesday
Main Meals
 Fajita Spiced Turkey & Vegetables with Steamed Rice
 Halal 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
 Halal 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
 Chocolate & Beetroot Brownie (G,E)

Thursday
Main Meals
 Chicken Tikka Pizza (G,SO,MK) with Baked Wedges
 Halal Chicken Tikka Pizza (G,SO,MK) with Baked Wedges
 Margherita Pizza (G,SO,MK) with Baked Wedges
 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
 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)

BM3 HalalNonGordon
 Jan 2024
 All products are subject to availability

pabulummm
 HONESTLY GOOD FOOD