

# 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: 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

### 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: 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

### 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) 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: 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)

BM3HalalNonLakeFarm  
Jan 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD