

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

Week 1

Monday

Main Meals
Lamb Bolognaise with Spaghetti (G)
Vegan Bolognaise (SO,g) with Spaghetti (G)
Baked Jackets with Grated Cheese (MK)

Served With
Peas

Dessert
Maryland Cookie (G,mk)

Tuesday

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

Served With
Carrots

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

Dessert
Cherry Cornflake Cake (G,SU)

Thursday

Main Meals
Lamb Chilli Con Carne with Steamed Rice
Vegan Bean Chilli (SO) with Steamed Rice
Pasta (G) & Tomato Sauce

Served With
Broccoli

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
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

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
Caribbean Chicken Curry with Wraps (G)
Vegan Sausage (SO) with Mashed Potato & Gravy
Pasta (G) & Tomato Sauce

Served With
Sweetcorn

Dessert
Chocolate Rice Krispie Cake (G)

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

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

Dessert
Vanilla Ice Cream (MK)

Thursday

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

Served With
Carrots

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

Served With
Carrots

Dessert
Orange Shortbread Biscuit (G)

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
Sweetcorn

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

Dessert
Chocolate & Beetroot Brownie (G,E)

Thursday

Main Meals
Macaroni & Cheese Lamb Bolognaise Bake (G,MK,C)
Vegan Chickpea & Spinach Korma with Steamed Rice
Pasta (G) & Tomato Sauce

Served With
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
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 PrestonPark
Jan 2024

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

