

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

Week 1

**Monday**

**Main Meals**  
Beef 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**  
Ham & Cheese 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  
Squash & Lentil Lasagne (G,MK,e)  
Baked Jackets with Baked Beans

**Served With**  
Seasonal Greens & Cauliflower

**Dessert**  
Cherry Cornflake Cake (G,SU)

**Thursday**

**Main Meals**  
Cottage Pie Topped with Sweet Potato Mash (g)  
Vegan Layered Vegetable & Sweet Potato Bake  
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:**  
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

**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**  
Pork Sausage (G,SU) 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**  
Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges  
Margherita Pizza (G,SO,MK,e) with Baked Wedges  
Baked Jackets with Grated Cheese (MK)

**Served With**  
Carrots & Broccoli

**Dessert**  
Mandarin Jelly

**Wednesday**

**Main Meals**  
Honey Roast Gammon 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**  
Traditional Beef Lasagne (G,MK,e)  
Vegetable Quiche (G,E)  
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

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 & Broccoli

**Dessert**  
Orange Shortbread Biscuit (G)

**Tuesday**

**Main Meals**  
Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges  
Margherita Pizza (G,SO,MK,e) with Baked Wedges  
Pasta (G) & Tomato Sauce

**Served With**  
Sweetcorn & Coleslaw (E)

**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 & Broccoli

**Dessert**  
Chocolate & Beetroot Brownie (G,E)

**Thursday**

**Main Meals**  
Macaroni & Cheese Bolognese Bake (G,C,MK)  
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  
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:**  
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)

BM1 CastleHill  
Jan 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

