

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

Week 1

**Monday**

**Main Meals**  
 Beef Bolognaise with Spaghetti (G)  
 Vegan Bolognaise (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**  
 Caribbean Chicken Curry with Wraps (G)  
 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)

**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**  
 Chicken & Sweetcorn Pasta (G,MK)  
 Vegan Sweet & Sour Vegetables (G,SO) with Steamed Rice  
 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**  
 Beef 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

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**  
 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  
 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**  
 Cottage Pie Topped with Sweet Potato Mash (g)  
 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 StJosephs  
 Jan 2024

All products are subject to availability

**pabulummm**  
 HONESTLY GOOD FOOD

