

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

Week 1

**Monday**

**Main Meals**  
Beef & Bean Chilli with Steamed Rice  
Vegan Bean Chilli (SO) with Steamed Rice  
Jacket Potato with Baked Beans

**Served With**  
Sweetcorn & Broccoli

**Dessert**  
Courgette & Oat Cookie (G)

**Tuesday**

**Main Meals**  
Baked Sausages (G,SU) with Crushed Potatoes & Gravy  
3 Veg Macaroni Cheese (G,MK)  
Pasta (G) with Tomato & Basil Sauce

**Served With**  
Baked Beans & Peas

**Dessert**  
Chocolate & Sweet Potato Brownie (G,E)

**Wednesday**

**Main Meals**  
Roast Chicken Fillets with Gravy  
Vegan Squash, Sweet Potato & Bean Hot Pot  
Pasta (G) with Tomato & Basil Sauce

**Served With**  
Roast Potatoes, Seasonal Greens & Carrots

**Dessert**  
Vanilla Ice Cream (MK)

**Thursday**

**Main Meals**  
Beef & Vegetable Ragu with Penne Pasta (G)  
Vegetable Chow Mein (G,E,SO)  
Jacket Potato with Cheddar Cheese (MK)

**Served With**  
Cauliflower & Roasted Carrots

**Dessert**  
Apple & Parsnip Sponge (G,E)

**Friday**

**Main Meals**  
Fish Fingers (G,F), Chips & Ketchup  
Vegan Vegetable Fingers, Chips & Ketchup  
Pasta (G) with Tomato & Basil Sauce

**Served With**  
Baked Beans & Peas

**Dessert**  
Fruit Jelly

### Freshly Baked Bread:

Tomato & Rosemary Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 2nd Jun, 23rd Jun, 14th Jul, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov, 24th Nov, 15th Dec

### 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**  
Beef Bolognese & Penne Pasta Bake (G,MK)  
Vegan Bolognese (SO,g) with Spaghetti (G)  
Jacket Potato with Baked Beans

**Served With**  
Cauliflower & Green Beans

**Dessert**  
Maryland Cookie (G,mk)

**Tuesday**

**Main Meals**  
Beef Meatballs in Roasted Tomato & Basil Sauce (G) with Spaghetti (G)  
Vegan Meatballs in Roasted Tomato & Basil Sauce (G,SO) with Spaghetti (G)  
Pasta (G) with Squash & Tomato Sauce

**Served With**  
Carrots & Peas

**Dessert**  
Carrot & Apple Flapjack (G)

**Wednesday**

**Main Meals**  
Honey Roast Gammon with Gravy  
Vegan Bombay Chickpea Burrito (G)  
Pasta (G) with Squash & Tomato Sauce

**Served With**  
Roast Potatoes, Seasonal Greens & Carrots

**Dessert**  
Banana & Cinnamon Sponge (G,E)

**Thursday**

**Main Meals**  
Cajun Chicken (MU) with Wraps (G) & Spiced Wedges (MU)  
Vegan Meatball (G,SO) in a Roll (G,se,so) with Spiced Wedges (MU)  
Jacket Potato with Cheddar Cheese (MK)

**Served With**  
Broccoli & Sweetcorn

**Dessert**  
Cherry Shortbread (G,SU)

**Friday**

**Main Meals**  
Fish Fingers (G,F), Chips & Ketchup  
Vegan Boston BBQ 3 Bean Stew with Baked Jackets  
Pasta (G) with Squash & Tomato Sauce

**Served With**  
Baked Beans & Peas

**Dessert**  
Vanilla Ice Cream (MK)

### Freshly Baked Bread:

Beetroot & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 9th Jun, 30th Jun, 21st Jul, 8th Sept, 29th Sept, 20th Oct, 10th Nov, 1st Dec, 22nd Dec

Week 3

**Monday**

**Main Meals**  
Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges  
Margherita Pizza (G,SO,MK,e) with Baked Wedges  
Pasta (G) with Tomato & Vegetable Sauce

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

**Dessert**  
Cinnamon Apple Crumble (G) with Custard (MK)

**Tuesday**

**Main Meals**  
Chicken Biryani (g) with Vegetable Dhal (g)  
Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)  
Jacket Potato with Baked Beans

**Served With**  
Broccoli & Cauliflower

**Dessert**  
Sultana & Oat Cookie (G)

**Wednesday**

**Main Meals**  
Slow Roast Beef & Root Vegetables with Gravy  
Vegan Country Vegetable & Bean Pie (G)  
Pasta (G) with Tomato & Vegetable Sauce

**Served With**  
Roast Potatoes, Seasonal Greens & Carrots

**Dessert**  
Fruit Jelly

**Thursday**

**Main Meals**  
Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)  
Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice  
Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans

**Served With**  
Cauliflower & Roasted Carrots

**Dessert**  
Orange Drizzle Cake (G,E)

**Friday**

**Main Meals**  
Fish Fingers (G,F), Chips & Ketchup  
Mexican Roasted Vegetable & Bean Quesadilla (G)  
Wholewheat Pasta (G) with Tomato & Vegetable Sauce

**Served With**  
Baked Beans & Peas

**Dessert**  
Chocolate & Courgette Rice Krispie Cake (G)

### Freshly Baked Bread:

Pesto & Garlic Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 16th Jun, 7th Jul, 28th Jul, 15th Sept, 6th Oct, 27th Oct, 17th Nov, 8th Dec

### 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)

BM1CharltonManor  
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All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

