

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

Week 1

Monday

## 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)

Tuesday

## 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)

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

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

Caribbean Chicken & Sweet Potato Curry with Steamed Rice

Vegan Sweet Potato & Lentil Samosa (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 Burrito (G,SO)

Pasta (G) with Squash & Tomato Sauce

## Served With

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Banana & Cinnamon Sponge (G,E)

Thursday

## Main Meals

Curried Beef & Vegetables with Steamed Rice

Vegan Vegetable Jambalaya (g)

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

### 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

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

Traditional Beef Lasagne (G,MK,e)

Vegetarian Chilli Tacos (G,MK,SO) & Cajun Sweet Potato Wedges (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 Vegetable 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 Meatball (G,SO) in a Roll (G,se,so) with Spiced Wedges (MU)

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

Vegan Fajita Wrap (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)

BM1JanetDuke  
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All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD