

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

Week 1

Monday	Main Meals	Sausages (G,SU) with Crushed Potatoes & Gravy	Served With	Baked Beans & Peas
		Vegan Sausages (SO) with Crushed Potatoes & Gravy	Dessert	Chocolate Brownie (G,E)
		Pasta (G) with Tomato & Basil Sauce		
Tuesday	Main Meals	Traditional Beef Lasagne (G,MK,e)	Served With	Sweetcorn & Broccoli
		Vegetable Lasagne (G,SO,MK,e)	Dessert	Courgette & Oat Cookie (G)
		Jacket Potato with Baked Beans		
Wednesday	Main Meals	Roast Chicken Fillets with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegetable Quiche (G,E,MK)	Dessert	Banana Flapjack (G)
		Pasta (G) with Tomato & Basil Sauce		
Thursday	Main Meals	Homemade Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges	Served With	Classic Coleslaw (E) & Sweetcorn
		Margherita Pizza (G,SO,MK,e) with Baked Wedges	Dessert	Apple & Parsnip Sponge (G,E)
		Jacket Potato with Cheddar Cheese (MK)		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Vegan Vegetable Fingers, Chips & Ketchup	Dessert	Fruit Jelly
		Pasta (G) with Tomato & Basil Sauce		

Freshly Baked Bread:
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.

Week 2

Monday	Main Meals	Beef Bolognese with Penne Pasta (G)	Served With	Cauliflower & Green Beans
		Vegan Bolognese (SO,g) with Penne Pasta (G)	Dessert	Maryland Cookie (G,mk)
		Jacket Potato with Baked Beans		
Tuesday	Main Meals	Chilli Beef Tacos (G,MK) with Steamed Rice	Served With	Carrots & Peas
		Vegetarian Chilli Tacos (G,MK,SO) & Steamed Rice	Dessert	Carrot & Apple Flapjack (G)
		Pasta (G) with Squash & Tomato Sauce		
Wednesday	Main Meals	Honey Roast Gammon with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Bombay Chickpea Burrito (G)	Dessert	Banana & Cinnamon Sponge (G,E)
		Pasta (G) with Squash & Tomato Sauce		
Thursday	Main Meals	Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges	Served With	Broccoli & Sweetcorn
		Margherita Pizza (G,SO,MK,e) with Baked Wedges	Dessert	Cherry Shortbread (G,SU)
		Jacket Potato with Cheddar Cheese (MK)		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Vegan Vegetable Fingers, Chips & Ketchup	Dessert	Lemon Drizzle Cake (G,E)
		Pasta (G) with Squash & Tomato Sauce		

Freshly Baked Bread:
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	Chicken & Sweetcorn Pie topped with Sweet Potato Mash	Served With	Classic Coleslaw (E) & Sweetcorn
		Macaroni & Cheese (G,MK)	Dessert	Cinnamon Apple Crumble (G) with Custard (MK)
		Pasta (G) with Tomato & Vegetable Sauce		
Tuesday	Main Meals	Beef Meatballs in Roasted Tomato & Basil Sauce (G) with Spaghetti (G)	Served With	Broccoli & Cauliflower
		Vegan Meatballs in Roasted Tomato & Basil Sauce (G,SO) with Spaghetti (G)	Dessert	Sultana & Oat Cookie (G)
		Jacket Potato with Baked Beans		
Wednesday	Main Meals	Slow Roast Beef & Root Vegetables with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Country Vegetable & Bean Pie (G)	Dessert	Fruit Jelly
		Pasta (G) with Tomato & Vegetable Sauce		
Thursday	Main Meals	Homemade BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges	Served With	Cauliflower & Roasted Carrots
		Margherita Pizza (G,SO,MK,e) with Baked Wedges	Dessert	Orange Drizzle Cake (G,E)
		Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Mexican Roasted Vegetable & Bean Quesadilla (G)	Dessert	Chocolate & Courgette Rice Krispie Cake (G)
		Wholewheat Pasta (G) with Tomato & Vegetable Sauce		

Freshly Baked Bread:
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)

BM1Perryfields
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All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

