

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

Week 1

Monday	Main Meals	Baked Sausages (G,SU) with Mashed Potato & Gravy	Served With	Baked Beans & Peas
		Macaroni Cheese (G,MK)	Dessert	Chocolate & Sweet Potato Brownie (G,E)
		Pasta (G) with Tomato & Basil Sauce		
Tuesday	Main Meals	Ham & Cheese Pizza (G,MK,SO,e) with Baked Wedges	Served With	Sweetcorn & Broccoli
		Margherita Pizza (G,MK,SO,e) with Baked Wedges	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
		Vegan Bean Chilli (SO) with Steamed Rice	Dessert	Vanilla Ice Cream (MK)
		Pasta (G) with Tomato & Basil Sauce		
Thursday	Main Meals	Beef Bolognese with Spaghetti (G)	Served With	Cauliflower & Roasted Carrots
		Vegetable Chow Mein (G,E,SO)	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:
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

Week 2

Monday	Main Meals	Beef Bolognese & Penne Pasta Bake (G,MK)	Served With	Cauliflower & Green Beans
		Vegan Bolognese (SO,g) with Spaghetti (G)	Dessert	Maryland Cookie (G,mk)
		Jacket Potato with Baked Beans		
Tuesday	Main Meals	Ham & Cheese Pizza (G,MK,SO,e) with Baked Wedges	Served With	Carrots & Peas
		Margherita Pizza (G,MK,SO,e) with Baked Wedges	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 Curried Chickpea Burrito (G)	Dessert	Banana & Cinnamon Sponge (G,E)
		Pasta (G) with Squash & Tomato Sauce		
Thursday	Main Meals	Fajita Chicken with Wraps (G)	Served With	Broccoli & Sweetcorn
		Vegan Mexican Bean & Vegetable Savoury Rice	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 Boston BBQ Beans with Baked Jackets	Dessert	Vanilla Ice Cream (MK)
		Pasta (G) with Squash & Tomato Sauce		

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	Chicken Curry (g)	Served With	Classic Coleslaw (E) & Sweetcorn
		Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice	Dessert	Cinnamon Apple Crumble (G) with Custard (MK)
		Jacket Potato with Baked Beans		
Tuesday	Main Meals	Ham & Cheese Pizza (G,MK,SO,e) with Baked Wedges	Served With	Broccoli & Cauliflower
		Margherita Pizza (G,MK,SO,e) with Baked Wedges	Dessert	Sultana & Oat Cookie (G)
		Jacket Potato with Baked Beans		
Wednesday	Main Meals	Slow Roast Beef 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	Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)	Served With	Cauliflower & Roasted Carrots
		Vegan Spiced Squash & Potato Samosa (G) with Steamed Rice	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:
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

Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our 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



Made Fresh Every Day

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

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)

BM1Winklebury
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All products are subject to availability

pabulummm
HONESTLY GOOD FOOD