

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

Week 1

Monday	Main Meals	Baked Chicken & Beef Sausages with Crushed Potatoes & Gravy	Served With	Baked Beans & Peas
		3 Veg Macaroni Cheese (G,MK) Pasta (G) with Tomato & Basil Sauce	Dessert	Chocolate & Sweet Potato Brownie (G,E)
Tuesday	Main Meals	Beef & Vegetable Pie (G)	Served With	Sweetcorn & Broccoli
		Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice Jacket Potato with Baked Beans	Dessert	Courgette & Oat Cookie (G)
Wednesday	Main Meals	Roast Chicken Fillets with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Squash, Sweet Potato & Bean Hot Pot Pasta (G) with Tomato & Basil Sauce	Dessert	Vanilla Ice Cream (MK)
Thursday	Main Meals	Beef & Vegetable Ragu with Penne Pasta (G)	Served With	Cauliflower & Roasted Carrots
		Vegetable Chow Mein (G,E,SO) Jacket Potato with Cheddar Cheese (MK)	Dessert	Apple & Parsnip Sponge (G,E)
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Vegan Vegetable Fingers, Chips & Ketchup Pasta (G) with Tomato & Basil Sauce	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)	Served With	Cauliflower & Green Beans
		Vegan Bolognese (SO,g) with Spaghetti (G) Jacket Potato with Baked Beans	Dessert	Maryland Cookie (G,mk)
Tuesday	Main Meals	Creamy Chicken & Vegetable Pesto Pasta Bake (G,MK)	Served With	Carrots & Peas
		Vegan Roasted Ratatouille with Herby Crumble Topping (G) Pasta (G) with Squash & Tomato Sauce	Dessert	Carrot & Apple Flapjack (G)
Wednesday	Main Meals	Roast Turkey with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Bombay Chickpea Burrito (G) Pasta (G) with Squash & Tomato Sauce	Dessert	Banana & Cinnamon Sponge (G,E)
Thursday	Main Meals	Cajun Chicken (MU) with Wraps (G) & Spiced Wedges (MU)	Served With	Broccoli & Sweetcorn
		Vegan Mexican Bean & Vegetable Savoury Rice Jacket Potato with Cheddar Cheese (MK)	Dessert	Cherry Shortbread (G,SU)
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Vegan Boston BBQ 3 Bean Stew with Baked Jackets Pasta (G) with Squash & Tomato Sauce	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	BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges	Served With	Classic Coleslaw (E) & Sweetcorn
		Margherita Pizza (G,SO,MK,e) with Baked Wedges Pasta (G) with Tomato & Vegetable Sauce	Dessert	Cinnamon Apple Crumble (G) with Custard (MK)
Tuesday	Main Meals	Traditional Cottage Pie Topped with Sweet Potato Mash (g)	Served With	Broccoli & Cauliflower
		Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu) Jacket Potato with Baked Beans	Dessert	Sultana & Oat Cookie (G)
Wednesday	Main Meals	Slow Roast Beef & Root Vegetables with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Country Vegetable & Bean Pie (G) Pasta (G) with Tomato & Vegetable Sauce	Dessert	Fruit Jelly
Thursday	Main Meals	Soy, Honey Chicken & Vegetable Stirfry (G,SO) with Egg Noodles (G,E)	Served With	Cauliflower & Roasted Carrots
		Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans	Dessert	Orange Drizzle Cake (G,E)
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Mexican Roasted Vegetable & Bean Quesadilla (G) Wholewheat Pasta (G) with Tomato & Vegetable Sauce	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)

BM2Howard
June 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

