

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

Week 1

Monday	Main Meals	Vegan Burger in a Bun (G,se) with Baked Wedges	Served With	Baked Beans & Peas
		3 Veg Macaroni Cheese (G,MK)	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		Pasta (G) with Tomato & Basil Sauce		
Tuesday	Main Meals	Beef Meatballs in Roasted Tomato & Basil Sauce with Spaghetti (G)	Served With	Sweetcorn & Broccoli
		Vegan Meatballs in Roasted Tomato & Basil Sauce (G,SO) with Spaghetti (G)	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		Jacket Potato with Baked Beans		
Wednesday	Main Meals	Roast Chicken Fillets with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Squash, Sweet Potato & Bean Hot Pot	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		Pasta (G) with Tomato & Basil Sauce		
Thursday	Main Meals	Beef & Vegetable Ragu with Penne Pasta (G)	Served With	Cauliflower & Roasted Carrots
		Vegetable Chow Mein (G,E,SO)	Dessert	Apple & Parsnip Sponge (G,E), Fresh Fruit or Yoghurt (MK,SO)
		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	Fresh Fruit or Yoghurt (MK,SO)
		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

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	Vegan Vegetable Fajita with Wraps (G)	Served With	Cauliflower & Green Beans
		Vegan Bolognese (SO,g) with Spaghetti (G)	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		Jacket Potato with Baked Beans		
Tuesday	Main Meals	Chilli Beef Tacos (G,MK) with Cajun Sweet Potato Wedges (MU)	Served With	Carrots & Peas
		Vegetarian Chilli Tacos (G,MK,SO) & Cajun Sweet Potato Wedges (MU)	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		Pasta (G) with Squash & Tomato Sauce		
Wednesday	Main Meals	Roast Turkey with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Bombay Chickpea Burrito (G)	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		Pasta (G) with Squash & Tomato Sauce		
Thursday	Main Meals	Curried Beef & Vegetables with Steamed Rice	Served With	Broccoli & Sweetcorn
		Vegan Mexican Bean & Vegetable Savoury Rice	Dessert	Cherry Shortbread (G,SU), Fresh Fruit or Yoghurt (MK,SO)
		Jacket Potato with Cheddar Cheese (MK)		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Vegan Boston BBQ 3 Bean Stew with Baked Jackets	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		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

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	Italian Roasted Vegetable Pizza (G,SO,MK,e) with Baked Wedges	Served With	Classic Coleslaw (E) & Sweetcorn
		Margherita Pizza (G,SO,MK,e) with Baked Wedges	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		Pasta (G) with Tomato & Vegetable Sauce		
Tuesday	Main Meals	Chicken Biryani (g) with Vegetable Dhal (g)	Served With	Broccoli & Cauliflower
		Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		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	Fresh Fruit or Yoghurt (MK,SO)
		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 Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice	Dessert	Orange Drizzle Cake (G,E), Fresh Fruit or Yoghurt (MK,SO)
		Jacket Potato with Salmon Mayonnaise (F,E) or Tuna Mayonnaise (F,E)		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Baked Beans & Peas
		Mexican Roasted Vegetable & Bean Quesadilla (G)	Dessert	Fresh Fruit or Yoghurt (MK,SO)
		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

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)

BM2MFMMuswellHill
June 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD