

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

Week 1

Monday

Main Meals

Lamb Bolognese with Spaghetti
Cauliflower & Broccoli
Macaroni Cheese Bake
Pasta with Tomato & Basil Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Peas & Carrots

Dessert

Chocolate & Sweet
Potato Brownie

Tuesday

Main Meals

Chicken & Bean Chilli with Steamed Rice
Vegan Bean Chilli with Steamed Rice
Pasta with Tomato & Basil Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Sweetcorn & Broccoli

Dessert

Courgette
& Oat Cookie

Wednesday

Main Meals

Herby Roast Chicken Fillets with Gravy
Vegan Squash, Sweet Potato
& Bean Hot Pot
Pasta with Tomato & Basil Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Roast Potatoes, Seasonal
Greens & Carrots

Dessert

Vanilla Ice Cream

Thursday

Main Meals

Turkey & Vegetable Ragu
with Penne Pasta
Vegetable Chow Mein
Pasta with Tomato & Basil Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Cauliflower
& Roasted Carrots

Dessert

Apple & Parsnip Sponge

Friday

Main Meals

Fish Fingers , Chips & Ketchup
Vegan Vegetable Fingers, Chips & Ketchup
Pasta with Tomato & Basil Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Baked Beans & Broccoli

Dessert

Fruit Jelly

Freshly Baked Bread:

Tomato & Rosemary Bread or Wholemeal Bread

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 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 or Jelly

Week 2

Monday

Main Meals

Chicken & Vegetable
Penne Pasta Bake
Vegan Bolognese with Spaghetti
Pasta with Squash & Tomato Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Cauliflower
& Green Beans

Dessert

Maryland Cookie

Tuesday

Main Meals

Caribbean Turkey & Sweet Potato Curry
with Steamed Rice
Vegan Red Lentil Squash & Spinach Dhal
with Steamed Rice
Pasta with Squash & Tomato Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Carrots & Peas

Dessert

Carrot
& Apple Flapjack

Wednesday

Main Meals

Roast Turkey with Gravy
Vegan Roasted Vegetable Ratatouille
with Pasta
Pasta with Squash & Tomato Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Roast Potatoes, Seasonal
Greens & Carrots

Dessert

Banana & Cinnamon
Sponge

Thursday

Main Meals

Mild Chicken & Vegetable Curry
with Steamed Rice
Vegan Mexican Bean
& Vegetable Savoury Rice
Pasta with Squash & Tomato Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Broccoli & Sweetcorn

Dessert

Cherry Shortbread

Friday

Main Meals

Fish Fingers , Chips & Ketchup
Vegan Boston BBQ 3 Bean Stew
with Baked Jackets
Pasta with Squash & Tomato Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Baked Beans & Carrots

Dessert

Vanilla Ice Cream

Freshly Baked Bread:

Beetroot & Herb or Wholemeal Bread

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
with Baked Wedges
Margherita Pizza
with Baked Wedges
Pasta with Tomato & Vegetable Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Classic Coleslaw &
Sweetcorn

Dessert

Cinnamon Apple
Crumble
with Custard

Tuesday

Main Meals

Sweet & Sour Turkey with Steamed Rice
Vegan Aubergine & Courgette Tagine with
Cous Cous
Pasta with Tomato & Vegetable Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Broccoli & Cauliflower

Dessert

Sultana
& Oat Cookie

Wednesday

Main Meals

Lemon & Thyme Roast Chicken with Gravy
Vegan Country Vegetable & Bean Pie
Pasta with Tomato & Vegetable Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Roast Potatoes,
Seasonal Greens &
Carrots

Dessert

Fruit Jelly

Thursday

Main Meals

Chicken & Sweetcorn Meatballs in Tomato
Sauce with Penne Pasta
Vegan Tofu Sweet & Sour Vegetables with
Steamed Rice
Pasta with Tomato & Vegetable Sauce/
Jacket Potato with Baked Beans
or Cheddar Cheese

Served With

Cauliflower
& Roasted Carrots

Dessert

Orange Drizzle Cake

Friday

Main Meals

Fish Fingers , Chips & Ketchup
Mexican Roasted Vegetable
& Bean Quesadilla
Wholewheat Pasta with Tomato &
Vegetable Sauce/Jacket Potato
with Baked Beans or Cheddar Cheese

Served With

Baked Beans & Broccoli

Dessert

Chocolate & Courgette
Rice Krispie Cake

Freshly Baked Bread:

Pesto & Garlic Bread or Wholemeal Bread

Week 3: 16th Jun, 7th Jul, 28th Jul, 15th Sept, 6th Oct, 27th Oct,
17th Nov, 8th Dec



BM3 KingsleyHigh School
June 2025

All products are subject
to availability

pabulummm
HONESTLY GOOD FOOD