

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

Week 1

|                  |                                                                                                                                                                                             |                                                                 |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Monday</b>    | <b>Main Meals</b><br>Lamb Bolognese with Spaghetti<br>Halal Lamb Bolognese with Spaghetti<br>Macaroni Cheese<br>Pasta with Tomato & Basil Sauce                                             | <b>Served With</b><br>Baked Beans & Peas                        |
|                  |                                                                                                                                                                                             | <b>Dessert</b><br>Chocolate & Sweet Potato Brownie              |
| <b>Tuesday</b>   | <b>Main Meals</b><br>Chicken & Bean Chilli with Steamed Rice<br>Halal Chicken & Bean Chilli with Steamed Rice<br>Vegan Bean Chilli with Steamed Rice<br>Jacket Potato with Baked Beans      | <b>Served With</b><br>Sweetcorn & Broccoli                      |
|                  |                                                                                                                                                                                             | <b>Dessert</b><br>Courgette & Oat Cookie                        |
| <b>Wednesday</b> | <b>Main Meals</b><br>Herby Roast Chicken Fillets with Gravy<br>Halal Herby Roast Chicken Fillets with Gravy<br>Vegan Squash, Sweet Potato & Bean Hot Pot<br>Pasta with Tomato & Basil Sauce | <b>Served With</b><br>Roast Potatoes, Seasonal Greens & Carrots |
|                  |                                                                                                                                                                                             | <b>Dessert</b><br>Vanilla Ice Cream                             |
| <b>Thursday</b>  | <b>Main Meals</b><br>BBQ Chicken Pizza with Baked Wedges<br>Halal BBQ Chicken Pizza with Baked Wedges<br>Margherita Pizza with Baked Wedges<br>Jacket Potato with Cheddar Cheese            | <b>Served With</b><br>Cauliflower & Roasted Carrots             |
|                  |                                                                                                                                                                                             | <b>Dessert</b><br>Apple & Parsnip Sponge                        |
| <b>Friday</b>    | <b>Main Meals</b><br>Fish Fingers, Chips & Ketchup<br>Vegan Vegetable Fingers, Chips & Ketchup<br>Pasta with Tomato & Basil Sauce                                                           | <b>Served With</b><br>Baked Beans & Peas                        |
|                  |                                                                                                                                                                                             | <b>Dessert</b><br>Fruit Jelly                                   |

**Freshly Baked Bread:**  
Tomato & Rosemary 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

|                  |                                                                                                                                                                                                                                |                                                                 |
|------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Monday</b>    | <b>Main Meals</b><br>Chicken & Vegetable Penne Pasta Bake<br>Halal Chicken & Vegetable Penne Pasta Bake<br>Vegan Bolognese with Spaghetti<br>Jacket Potato with Baked Beans                                                    | <b>Served With</b><br>Cauliflower & Green Beans                 |
|                  |                                                                                                                                                                                                                                | <b>Dessert</b><br>Maryland Cookie                               |
| <b>Tuesday</b>   | <b>Main Meals</b><br>Caribbean Turkey & Sweet Potato Curry with Steamed Rice<br>Halal Caribbean Turkey & Sweet Potato Curry with Steamed Rice<br>Vegan Spiced Squash & Potato Samosa Pasta with Squash & Tomato Sauce          | <b>Served With</b><br>Carrots & Peas                            |
|                  |                                                                                                                                                                                                                                | <b>Dessert</b><br>Carrot & Apple Flapjack                       |
| <b>Wednesday</b> | <b>Main Meals</b><br>Roast Turkey with Gravy<br>Halal Roast Turkey with Gravy<br>Vegan Bombay Chickpea Burrito Pasta with Squash & Tomato Sauce                                                                                | <b>Served With</b><br>Roast Potatoes, Seasonal Greens & Carrots |
|                  |                                                                                                                                                                                                                                | <b>Dessert</b><br>Banana & Cinnamon Sponge                      |
| <b>Thursday</b>  | <b>Main Meals</b><br>Paprika Spiced Chicken & Sweetcorn Pizza with Baked Wedges<br>Halal Paprika Spiced Chicken & Sweetcorn Pizza with Baked Wedges<br>Margherita Pizza with Baked Wedges<br>Jacket Potato with Cheddar Cheese | <b>Served With</b><br>Broccoli & Sweetcorn                      |
|                  |                                                                                                                                                                                                                                | <b>Dessert</b><br>Cherry Shortbread                             |
| <b>Friday</b>    | <b>Main Meals</b><br>Fish Fingers, Chips & Ketchup<br>Vegan Boston BBQ 3 Bean Stew with Baked Jackets<br>Pasta with Squash & Tomato Sauce                                                                                      | <b>Served With</b><br>Baked Beans & Peas                        |
|                  |                                                                                                                                                                                                                                | <b>Dessert</b><br>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

|                  |                                                                                                                                                                                                                     |                                                                 |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Monday</b>    | <b>Main Meals</b><br>Soy, Honey Chicken & Vegetable Stir Fry with Egg Noodles<br>Halal Soy, Honey Chicken & Vegetable Stir Fry with Egg Noodles<br>Vegan Vegetable Jambalaya<br>Pasta with Tomato & Vegetable Sauce | <b>Served With</b><br>Classic Coleslaw & Sweetcorn              |
|                  |                                                                                                                                                                                                                     | <b>Dessert</b><br>Cinnamon Apple Crumble with Custard           |
| <b>Tuesday</b>   | <b>Main Meals</b><br>Sweet & Sour Turkey with Steamed Rice<br>Halal Sweet & Sour Turkey with Steamed Rice<br>Vegan Aubergine & Courgette Tagine with Cous Cous<br>Jacket Potato with Baked Beans                    | <b>Served With</b><br>Broccoli & Cauliflower                    |
|                  |                                                                                                                                                                                                                     | <b>Dessert</b><br>Sultana & Oat Cookie                          |
| <b>Wednesday</b> | <b>Main Meals</b><br>Lemon & Thyme Roast Chicken with Gravy<br>Halal Lemon & Thyme Roast Chicken with Gravy<br>Vegan Country Vegetable & Bean Pie Pasta with Tomato & Vegetable Sauce                               | <b>Served With</b><br>Roast Potatoes, Seasonal Greens & Carrots |
|                  |                                                                                                                                                                                                                     | <b>Dessert</b><br>Fruit Jelly                                   |
| <b>Thursday</b>  | <b>Main Meals</b><br>Chicken Tikka Pizza with Baked Wedges<br>Halal Chicken Tikka Pizza with Baked Wedges<br>Margherita Pizza with Baked Wedges<br>Jacket Potato with Salmon Mayonnaise or Tuna Mayonnaise          | <b>Served With</b><br>Cauliflower & Roasted Carrots             |
|                  |                                                                                                                                                                                                                     | <b>Dessert</b><br>Orange Drizzle Cake                           |
| <b>Friday</b>    | <b>Main Meals</b><br>Fish Fingers, Chips & Ketchup<br>Mexican Roasted Vegetable & Bean Quesadilla<br>Wholewheat Pasta with Tomato & Vegetable Sauce                                                                 | <b>Served With</b><br>Baked Beans & Peas                        |
|                  |                                                                                                                                                                                                                     | <b>Dessert</b><br>Chocolate & Courgette Rice Krispie Cake       |

**Freshly Baked Bread:**  
Pesto & Garlic or Wholemeal Bread

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



BM3HalaNonGearies  
June 2025

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD