

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

## Week 1

Monday

**Main Meals**  
Lamb Bolognese with Spaghetti  
Halal Lamb Bolognese with Spaghetti  
3 Veg Macaroni Cheese  
Pasta with Tomato & Basil Sauce  
**Sandwiches Years 3, 4, 5 & 6**  
Tuna Mayonnaise & Sweetcorn Baguette

**Served With**  
Baked Beans & Peas  
**Dessert**  
Chocolate & Sweet Potato Brownie

Tuesday

**Main Meals**  
Caribbean Turkey & Sweet Potato Curry with Steamed Rice  
Halal Caribbean Turkey & Sweet Potato Curry with Steamed Rice  
Vegan Bean Chilli with Steamed Rice  
Jacket Potato with Baked Beans  
**Sandwiches Years 3, 4, 5 & 6**  
Egg Mayonnaise & Cucumber Bloomer

**Served With**  
Sweetcorn & Broccoli  
**Dessert**  
Courgette & Oat Cookie

Wednesday

**Main Meals**  
Herby Roast Chicken Fillets with Gravy  
Halal Herby Roast Chicken Fillets with Gravy  
Vegan Squash, Sweet Potato & Bean Hot Pot  
Pasta with Tomato & Basil Sauce  
**Sandwiches Years 3, 4, 5 & 6**  
Cheese Salad Sandwich

**Served With**  
Roast Potatoes, Seasonal Greens & Carrots  
**Dessert**  
Vanilla Ice Cream

Thursday

**Main Meals**  
Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta  
Halal Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta  
Vegetable Chow Mein  
Jacket Potato with Cheddar Cheese  
**Sandwiches Years 3, 4, 5 & 6**  
Roasted Vegetable & Houmous Bloomer

**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  
**Sandwiches Years 3, 4, 5 & 6**  
Chicken Mayonnaise Baguette

**Served With**  
Baked Beans & Peas  
**Dessert**  
Fruit Jelly

**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

Available Every Day:  
Fresh Fruit, Yoghurt or Jelly

### 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.

## Week 2

Monday

**Main Meals**  
Chicken & Vegetable Penne Pasta Bake  
Halal Chicken & Vegetable Penne Pasta Bake  
Vegan Bolognese with Spaghetti Jacket Potato with Baked Beans  
**Sandwiches Years 3, 4, 5 & 6**  
Egg Mayonnaise Sandwich

**Served With**  
Cauliflower & Green Beans  
**Dessert**  
Maryland Cookie

Tuesday

**Main Meals**  
Lamb Lasagne  
Halal Lamb Lasagne  
Vegan Spiced Squash & Potato Samosa  
Pasta with Squash & Tomato Sauce  
**Sandwiches Years 3, 4, 5 & 6**  
Tuna Mayonnaise & Cucumber Bloomer

**Served With**  
Carrots & Peas  
**Dessert**  
Carrot & Apple Flapjack

Wednesday

**Main Meals**  
Roast Turkey with Gravy  
Halal Roast Turkey with Gravy  
Vegan Bombay Chickpea Burrito  
Pasta with Squash & Tomato Sauce  
**Sandwiches Years 3, 4, 5 & 6**  
Sweet Chilli Cheese & Spinach Wrap

**Served With**  
Roast Potatoes, Seasonal Greens & Carrots  
**Dessert**  
Banana & Cinnamon Sponge

Thursday

**Main Meals**  
Chicken & Sweetcorn Pie topped with Sweet Potato Mash  
Halal Chicken & Sweetcorn Pie topped with Sweet Potato Mash  
Vegan Mexican Bean & Vegetable Savoury Rice  
Jacket Potato with Cheddar Cheese  
**Sandwiches Years 3, 4, 5 & 6**  
Chicken Mayonnaise Baguette

**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  
**Sandwiches Years 3, 4, 5 & 6**  
Cheese & Tomato Bloomer

**Served With**  
Baked Beans & Peas  
**Dessert**  
Vanilla Ice Cream

**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

### Made Fresh Every Day

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

## Cold Lunches available for Years 3, 4, 5 & 6

Children choosing the sandwich option may help themselves from the salad bar and then choose a delicious dessert from our dessert station.

## Week 3

Monday

**Main Meals**  
BBQ Chicken Pizza with Baked Wedges  
Halal BBQ Chicken Pizza with Baked Wedges  
Margherita Pizza with Baked Wedges  
Pasta with Tomato & Vegetable Sauce  
**Sandwiches Years 3, 4, 5 & 6**  
Sweet Potato & Bean Wrap

**Served With**  
Classic Coleslaw & Sweetcorn  
**Dessert**  
Cinnamon Apple Crumble with Custard

Tuesday

**Main Meals**  
Shepherds Pie topped with Sweet Potato Mash  
Halal Shepherds Pie topped with Sweet Potato Mash  
Vegan Aubergine & Courgette Tagine with Cous Cous  
Jacket Potato with Baked Beans  
**Sandwiches Years 3, 4, 5 & 6**  
Roasted Vegetable & Houmous Baguette

**Served With**  
Broccoli & Cauliflower  
**Dessert**  
Sultana & Oat Cookie

Wednesday

**Main Meals**  
Lemon & Thyme Roast Chicken with Gravy  
Halal Lemon & Thyme Roast Chicken with Gravy  
Vegan Country Vegetable & Bean Pie  
Pasta with Tomato & Vegetable Sauce  
**Sandwiches Years 3, 4, 5 & 6**  
Cheese Salad Wrap

**Served With**  
Roast Potatoes, Seasonal Greens & Carrots  
**Dessert**  
Fruit Jelly

Thursday

**Main Meals**  
Mild Chicken & Vegetable Curry with Steamed Rice  
Halal Mild Chicken & Vegetable Curry with Steamed Rice  
Vegan Tofu Sweet & Sour Vegetables with Steamed Rice  
Jacket Potato with Salmon Mayonnaise or Baked Beans  
**Sandwiches Years 3, 4, 5 & 6**  
Tuna Mayonnaise & Cucumber Bloomer

**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  
**Sandwiches Years 3, 4, 5 & 6**  
Egg Mayonnaise Sandwich

**Served With**  
Baked Beans & Peas  
**Dessert**  
Chocolate & Courgette Rice Krispie Cake

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

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

BM3 Halal/NonBarleyLane  
June 2025

**pabulummm**  
HONESTLY GOOD FOOD