

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

Week 1

Monday

Main Meals
 Beef Bolognese with Spaghetti (G)
 Vegan Bolognese (SO,g) with Spaghetti (G)
 Baked Jackets with Grated Cheese (MK)

Served With
 Peas & Broccoli

Dessert
 Maryland Cookie (G,mk)

Tuesday

Main Meals
 BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges
 Vegan Lentil & Vegetable Curry (g) with Steamed Rice
 Pasta (G) & Tomato Sauce

Served With
 Carrots & Sweetcorn

Dessert
 Apple Crumble (G) with Custard (MK)

Wednesday

Main Meals
 Roast Chicken with Roast Potatoes & Gravy
 Squash & Lentil Lasagne (G,MK,e)
 Baked Jackets with Baked Beans

Served With
 Seasonal Greens & Cauliflower

Dessert
 Cherry Cornflake Cake (G,SU)

Thursday

Main Meals
 Beef Keema with Turmeric Rice
 Vegan Bean Chilli (SO) with Steamed Rice
 Pasta (G) & Tomato Sauce

Served With
 Broccoli & Carrots

Dessert
 Chocolate & Pear Sponge (G,E)

Friday

Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Goujons with Chips & Ketchup
 Baked Jackets with Grated Cheese (MK)

Served With
 Peas & Baked Beans

Dessert
 Banana Flapjack (G)

Freshly Baked Bread:
 Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1:
 15th April, 6th May, 27th May, 17th June, 8th July, 2nd Sept, 23rd Sept,
 14th Oct, 4th Nov, 25th Nov, 16th 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 (SO,MK)
 or Jelly

Week 2

Monday

Main Meals
 Chicken & Beef Sausage with Baked Wedges & Gravy
 Vegan Sausage (SO) with Baked Wedges & Gravy
 Pasta (G) & Tomato Sauce

Served With
 Sweetcorn & Baked Beans

Dessert
 Chocolate Rice Krispie Cake (G)

Tuesday

Main Meals
 Fajita Spiced Turkey & Vegetables with Steamed Rice
 Margherita Pizza (G,SO,MK,e) with Baked Wedges
 Baked Jackets with Grated Cheese (MK)

Served With
 Carrots & Broccoli

Dessert
 Mandarin Jelly

Wednesday

Main Meals
 Roast Chicken with Roast Potatoes & Gravy
 Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)
 Wholewheat Pasta (G) & Tomato Sauce

Served With
 Seasonal Greens & Peas

Dessert
 Vanilla Ice Cream (MK)

Thursday

Main Meals
 Chilli Con Carne with Steamed Rice
 Vegan Caribbean Vegetable Curry (g) with Steamed Rice
 Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)

Served With
 Carrots & Sweetcorn

Dessert
 Apple & Carrot Flapjack (G)

Friday

Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Fajita Wrap (G) with Chips & Ketchup
 Pasta (G) & Tomato Sauce

Served With
 Peas & Baked Beans

Dessert
 Lemon Drizzle Sponge (G,E)

Freshly Baked Bread:
 Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2:
 22nd April, 13th May, 3rd June, 24th June, 15th July, 9th Sept, 30th Sept,
 21st Oct, 11th Nov, 2nd Dec

Week 3

Monday

Main Meals
 Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)
 Vegan Roasted Ratatouille with Penne (G)
 Baked Jackets with Grated Cheese (MK)

Served With
 Carrots & Broccoli

Dessert
 Orange Shortbread Biscuit (G)

Tuesday

Main Meals
 Caribbean Chicken Curry with Steamed Rice
 Vegan Sweet & Sour Vegetables (G,SO) with Steamed Rice
 Pasta (G) & Tomato Sauce

Served With
 Sweetcorn & Coleslaw (E)

Dessert
 Carrot Cake (G,E)

Wednesday

Main Meals
 Herby Roast Chicken with Roast Potatoes & Gravy
 3 Vegetable Mac n' Cheese (G,MK)
 Baked Jackets with Baked Beans

Served With
 Seasonal Greens & Broccoli

Dessert
 Chocolate & Beetroot Brownie (G,E)

Thursday

Main Meals
 Macaroni & Cheese Bolognese Bake (G,MK,C)
 Vegan Chickpea & Spinach Korma with Steamed Rice
 Pasta (G) & Tomato Sauce

Served With
 Cauliflower & Carrots

Dessert
 Vanilla Ice Cream (MK)

Friday

Main Meals
 Breaded Fish Fingers (G,F) with Chips & Ketchup
 Vegan Bubble & Squeak with Chips & Ketchup
 Baked Jackets with Grated Cheese (MK)

Served With
 Peas & Baked Beans

Dessert
 Apple & Parsnip Cake (G,E)

Freshly Baked Bread:
 Courgette & Tomato (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3:
 29th April, 20th May, 10th June, 1st July, 22nd July, 16th Sept, 7th Oct,
 28th Oct, 18th Nov, 9th 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)

BM2 GoodShepherd
 April 2024
 All products are subject to availability

pabulummm
 HONESTLY GOOD FOOD

