

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

Week 1

Monday	<b>Main Meals</b>	Baked Sausages (G,SU) with Crushed Potatoes & Gravy	<b>Served With</b>	Baked Beans & Peas
		3 Veg Macaroni Cheese (G,MK)	<b>Dessert</b>	Chocolate & Sweet Potato Brownie (G,E)
		Pasta (G) with Tomato & Basil Sauce		
Tuesday	<b>Main Meals</b>	Beef & Bean Chilli with Steamed Rice	<b>Served With</b>	Sweetcorn & Broccoli
		Vegan Bean Chilli (SO) with Steamed Rice	<b>Dessert</b>	Courgette & Oat Cookie (G)
		Jacket Potato with Baked Beans		
Wednesday	<b>Main Meals</b>	Roast Chicken Fillets with Gravy	<b>Served With</b>	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Squash, Sweet Potato & Bean Hot Pot	<b>Dessert</b>	Vanilla Ice Cream (MK)
		Pasta (G) with Tomato & Basil Sauce		
Thursday	<b>Main Meals</b>	Beef & Vegetable Ragu with Penne Pasta (G)	<b>Served With</b>	Cauliflower & Roasted Carrots
		Vegetable Chow Mein (G,E,SO)	<b>Dessert</b>	Apple & Parsnip Sponge (G,E)
		Jacket Potato with Cheddar Cheese (MK)		
Friday	<b>Main Meals</b>	Fish Fingers (G,F), Chips & Ketchup	<b>Served With</b>	Baked Beans & Peas
		Vegan Vegetable Fingers, Chips & Ketchup	<b>Dessert</b>	Fruit Jelly
		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: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 17<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar, 21<sup>st</sup> Apr, 12<sup>th</sup> May, 2<sup>nd</sup> Jun, 23<sup>rd</sup> Jun, 14<sup>th</sup> Jul

Week 2

Monday	<b>Main Meals</b>	Beef Bolognese & Penne Pasta Bake (G,MK)	<b>Served With</b>	Cauliflower & Green Beans
		Vegan Bolognese (SO,g) with Spaghetti (G)	<b>Dessert</b>	Maryland Cookie (G,mk)
		Jacket Potato with Baked Beans		
Tuesday	<b>Main Meals</b>	Caribbean Chicken & Sweet Potato Curry with Steamed Rice	<b>Served With</b>	Carrots & Peas
		Vegan Spiced Squash & Potato Samosa (G)	<b>Dessert</b>	Carrot & Apple Flapjack (G)
		Pasta (G) with Squash & Tomato Sauce		
Wednesday	<b>Main Meals</b>	Honey Roast Gammon with Gravy	<b>Served With</b>	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Bombay Chickpea Burrito (G)	<b>Dessert</b>	Banana & Cinnamon Sponge (G,E)
		Pasta (G) with Squash & Tomato Sauce		
Thursday	<b>Main Meals</b>	Curried Beef & Vegetable with Steamed Rice	<b>Served With</b>	Broccoli & Sweetcorn
		Vegan Mexican Bean & Vegetable Savoury Rice	<b>Dessert</b>	Cherry Shortbread (G,SU)
		Jacket Potato with Cheddar Cheese (MK)		
Friday	<b>Main Meals</b>	Fish Fingers (G,F), Chips & Ketchup	<b>Served With</b>	Baked Beans & Peas
		Vegan Boston BBQ 3 Bean Stew with Baked Jackets	<b>Dessert</b>	Vanilla Ice Cream (MK)
		Pasta (G) with Squash & Tomato Sauce		

### Freshly Baked Bread:

Beetroot & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> Apr, 28<sup>th</sup> Apr, 19<sup>th</sup> May, 9<sup>th</sup> Jun, 30<sup>th</sup> Jun, 21<sup>st</sup> Jul

Week 3

Monday	<b>Main Meals</b>	Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges	<b>Served With</b>	Classic Coleslaw (E) & Sweetcorn
		Margherita Pizza (G,SO,MK,e) with Baked Wedges	<b>Dessert</b>	Cinnamon Apple Crumble (G) with Custard (MK)
		Pasta (G) with Tomato & Vegetable Sauce		
Tuesday	<b>Main Meals</b>	Chicken Biryani (g) with Vegetable Dhal (g)	<b>Served With</b>	Broccoli & Cauliflower
		Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)	<b>Dessert</b>	Sultana & Oat Cookie (G)
		Jacket Potato with Baked Beans		
Wednesday	<b>Main Meals</b>	Slow Roast Beef & Root Vegetables with Gravy	<b>Served With</b>	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Country Vegetable & Bean Pie (G)	<b>Dessert</b>	Fruit Jelly
		Pasta (G) with Tomato & Vegetable Sauce		
Thursday	<b>Main Meals</b>	Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)	<b>Served With</b>	Cauliflower & Roasted Carrots
		Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice	<b>Dessert</b>	Orange Drizzle Cake (G,E)
		Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans		
Friday	<b>Main Meals</b>	Fish Fingers (G,F), Chips & Ketchup	<b>Served With</b>	Baked Beans & Peas
		Mexican Roasted Vegetable & Bean Quesadilla (G)	<b>Dessert</b>	Chocolate & Courgette Rice Krispie Cake (G)
		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: 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr, 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> Jun, 7<sup>th</sup> Jul, 28<sup>th</sup> Jul

### 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



### 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)

BM1HampdenGurney  
Nov 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD