



MENU – WEEK 1

MONDAY

- MAIN** Beef Bolognese with Spaghetti (G)
- VEGETARIAN MAIN** Spinach & Pesto Sauce (G,MK) with Spaghetti (G)
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Broccoli & Sweetcorn
- DESSERT** Chocolate & Courgette Sponge (G,E)

TUESDAY

- MAIN** Chicken & Sweetcorn Meatballs in a Tomato Sauce with Pasta (G)
- VEGETARIAN MAIN** Vegetable Pasanda Curry with Steamed Rice
- PASTA OR JACKET** Pasta (G) with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Cauliflower
- DESSERT** Vanilla Ice Cream (MK)

WEDNESDAY

- MAIN** BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy
- VEGETARIAN MAIN** Mac N' Cheese (G,MK) with Garlic Bread (G,so)
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Carrots & Seasonal Greens
- DESSERT** Banana Flapjack (G)

WEEK 1:

5TH JAN, 26TH JAN, 16TH FEB, 9TH MAR, 30TH MAR, 20TH APR, 11TH MAY, 1ST JUN,
22ND JUN, 13TH JUL, 31ST AUG, 21ST SEPT, 12TH OCT, 2ND NOV, 23RD NOV, 14TH DEC

THURSDAY

- MAIN** Chilli Beef Taco (MK) with Cajun Sweet Potato Wedges
- VEGETARIAN MAIN** Vegetarian Chilli Taco (MK) with Cajun Sweet Potato Wedges
- PASTA OR JACKET** Pasta (G) with Squash & Tomato Sauce
- TO GO WITH** Roasted Carrots & Sweetcorn
- DESSERT** Iced Lemon Cake with Sprinkles (G,E,SU)

FRIDAY

- MAIN** Fish Fingers (G,F), Chips & Ketchup
- VEGETARIAN MAIN** Baked Crispy Vegetable Fingers & Garlic Mayo Wrap (G,E) with Chips
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Baked Beans & Peas
- DESSERT** Maryland Cookie (G,mk)

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread (G,SO,MK,e)
- Courgette & Tomato Bread (G,SO,MK,e)
- Fresh Fruit
- Yoghurt (MK,SO)
- 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)

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MENU - WEEK 2

MONDAY

- MAIN** Grilled Cumberland Sausage (G,SU) with Mashed Potatoes & Gravy
- VEGETARIAN MAIN** Vegan Sausage with Mashed Potatoes & Gravy
- PASTA OR JACKET** Pasta (G) with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Carrots
- DESSERT** Marble Sponge (G,E) with Custard (MK)

TUESDAY

- MAIN** Chicken Korma (MK) with Steamed Rice
- VEGETARIAN MAIN** Vegan Chickpea & Spinach Korma with Garlic & Coriander Naan Bread (G)
- PASTA OR JACKET** Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)
- TO GO WITH** Spiced Roasted Cauliflower & Broccoli
- DESSERT** Apple & Carrot Flapjack (G)

WEDNESDAY

- MAIN** Roast Leg of Pork with Gravy
- VEGETARIAN MAIN** Sweet Potato & Leek Frittata (E,MK) with Gravy
- PASTA OR JACKET** Pasta (G) with Tomato & Vegetable Sauce
- TO GO WITH** Roast Potatoes & Broccoli & Carrots
- DESSERT** Fruit Jelly

WEEK 2:

12TH JAN, 2ND FEB, 23RD FEB, 16TH MAR, 6TH APR, 27TH APR, 18TH MAY, 8TH JUN, 29TH JUN, 20TH JUL, 7TH SEPT, 28TH SEPT, 19TH OCT, 9TH NOV, 30TH NOV, 21ST DEC

THURSDAY

- MAIN** Spiced Tex Mex Chicken & Baked Wedges
- VEGETARIAN MAIN** Roasted Vegetable Fajita (G) & Baked Wedges
- PASTA OR JACKET** Pasta (G) with Squash & Tomato Sauce
- TO GO WITH** Corn on the Cob & Roasted Carrots
- DESSERT** Homemade Strawberry Cheesecake (G,MK)

FRIDAY

- MAIN** Fish Fingers (G,F), Chips & Ketchup
- VEGETARIAN MAIN** Vegan Quorn Nuggets (G) with Chips & Ketchup
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Baked Beans & Peas
- DESSERT** Vanilla Ice Cream (MK)

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread (G,S0,MK,e)
- Garlic & Herb Bread (G,S0,MK,e)
- Fresh Fruit
- Yoghurt (MK,S0)
- Jelly

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MENU – WEEK 3

MONDAY

- MAIN** Beef & Bean Chilli with Steamed Rice
- VEGETARIAN MAIN** Vegan Bean Chilli with Steamed Rice
- PASTA OR JACKET** Pasta (G) with Tomato & Vegetable Sauce
- TO GO WITH** Sweetcorn & Carrots
- DESSERT** Jam & Coconut Sponge (G,E,SU)

TUESDAY

- MAIN** Homemade BBQ Chicken Pizza (G,MK,SO,e) with Spiced Baked Wedges
- VEGETARIAN MAIN** Homemade Margherita Pizza (G,SO,MK,e) with Spiced Baked Wedges
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Sweetcorn & Coleslaw (E)
- DESSERT** Carrot Cake (G,E)

WEDNESDAY

- MAIN** Herby Roast Chicken with Gravy
- VEGETARIAN MAIN** Roasted Vegetable & Lentil Loaf (G) with Gravy
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Roast Potatoes, Carrots & Seasonal Greens
- DESSERT** Chocolate & Sweet Potato Brownie (G,E)

WEEK 3:

19TH JAN, 9TH FEB, 2ND MAR, 23RD MAR, 13TH APR, 4TH MAY, 25TH MAY, 15TH JUN,
6TH JUL, 27TH JUL, 14TH SEPT, 5TH OCT, 26TH OCT, 16TH NOV, 7TH DEC

THURSDAY

- MAIN** Traditional Beef Lasagne (G,MK,e) with Garlic Bread (G,so)
- VEGETARIAN MAIN** Vegan Bean Bolognese (g) with Pasta (G) & Garlic Bread (G,so)
- PASTA OR JACKET** Wholemeal Pasta (G) with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Carrots
- DESSERT** Oaty & Sultana Cookie (G)

FRIDAY

- MAIN** Fish Fingers (G,F), Chips & Ketchup
- VEGETARIAN MAIN** Vegetable Burger (G,se) with Chips & Ketchup
- PASTA OR JACKET** Pasta (G) with Squash & Tomato Sauce
- TO GO WITH** Baked Beans & Peas
- DESSERT** Fruit Jelly

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread (G,SO,MK,e)
- Carrot & Beetroot Bread (G,SO,MK,e)
- Fresh Fruit
- Yoghurt (MK,SO)
- Jelly

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