

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

Week 1

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

Week 2

Monday	Main Meals	Chicken & Vegetable Penne Pasta Bake (G,MK)	Served With	Cauliflower & Green Beans
		Vegan Bolognese (SO,g) with Pasta (G)	Dessert	Maryland Cookie (G,mk)
		Jacket Potato with Cheddar Cheese (MK)		
Tuesday	Main Meals	Caribbean Turkey & Sweet Potato Curry with Steamed Rice	Served With	Carrots & Peas
		Vegan Spiced Squash & Potato Samosa (G)	Dessert	Carrot & Apple Flapjack (G)
		Pasta (G) with Squash & Tomato Sauce		
Wednesday	Main Meals	Roast Turkey with Gravy	Served With	Roast Potatoes, Seasonal Greens & Carrots
		Vegan Bombay Chickpea Burrito (G)	Dessert	Banana & Cinnamon Sponge (G,E)
		Pasta (G) with Squash & Tomato Sauce		
Thursday	Main Meals	Mild Chicken & Vegetable Curry with Steamed Rice	Served With	Broccoli & Sweetcorn
		Vegan Mexican Bean & Vegetable Savoury Rice	Dessert	Cherry Shortbread (G,SU)
		Jacket Potato with Cheddar Cheese (MK)		
Friday	Main Meals	Fish Fingers (G,F), Chips & Ketchup	Served With	Peas & Carrots
		Vegan Vegetable Fingers, Chips & Ketchup	Dessert	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: 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

Made Fresh Every Day

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

Week 3

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

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)

BM3CamroseWoodlands
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All products are subject to availability

pabulummm
HONESTLY GOOD FOOD