

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

Week 1

Monday	<b>Main Meals</b>	Lamb Bolognese with Spaghetti (G)	<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>	Chicken & 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>	Herby 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>	Turkey & 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

### 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	<b>Main Meals</b>	Chicken & Vegetable 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 Turkey & 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>	Roast Turkey 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>	Mild Chicken & Vegetable Curry 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

### 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	<b>Main Meals</b>	BBQ Chicken 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>	Sweet & Sour Turkey (G) with Steamed Rice	<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>	Lemon & Thyme Roast Chicken 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

### 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)

BM3Norbury  
Nov 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD