

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

Week 1

Monday	Main Meals Vegan Burrito (G,SO) Vegan Bolognaise (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 Halal BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges Margherita Pizza (G,SO,MK,e) with Baked Wedges Pasta (G) & Tomato Sauce	Served With Carrots & Sweetcorn
		Dessert Apple Crumble (G) with Custard (MK)
Wednesday	Main Meals Roast Chicken with Roast Potatoes & Gravy Halal 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 Lamb Chilli Con Carne with Steamed Rice Halal Lamb Chilli Con Carne with Steamed 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:
1st January, 22nd January, 12th February, 4th March, 25th March, 15th April, 6th May

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 Cauliflower Cheese (G,MK) with Mashed Potato & Gravy Vegan Sausage (SO) with Mashed Potato & Gravy Pasta (G) & Tomato Sauce	Served With Sweetcorn & Baked Beans
		Dessert Chocolate Rice Krispie Cake (G)
Tuesday	Main Meals Chicken & Sweetcorn Pasta (G,MK) Halal Chicken & Sweetcorn Pasta (G,MK) Vegan Tomato & Mixed Bean Sauce with Fusilli (G) Baked Jackets with Grated Cheese (MK)	Served With Carrots & Broccoli
		Dessert Mandarin Jelly
Wednesday	Main Meals Roast Turkey with Roast Potatoes & Gravy Halal Roast Turkey 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 Mild Chicken & Vegetable Curry with Steamed Rice Halal Mild Chicken & Vegetable Curry with Steamed Rice Vegan Caribbean Vegetable Curry (g) with Wraps (G) 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:
8th January, 29th January, 19th February, 11th March, 1st April, 22nd April, 13th May

Week 3

Monday	Main Meals Vegan Cottage Pie (SO,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 Fajita Spiced Turkey & Vegetables with Steamed Rice Halal Fajita Spiced Turkey & Vegetables with Steamed Rice Vegan Burrito (G,SO) Pasta (G) & Tomato Sauce	Served With Sweetcorn & Coleslaw (E)
		Dessert Carrot Cake (G,E)
Wednesday	Main Meals Herby Roast Chicken with Roast Potatoes & Gravy Halal Herby Roast Chicken with Roast Potatoes & Gravy Mac n' Cheese (G,MK) Baked Jackets with Baked Beans	Served With Seasonal Greens & Broccoli
		Dessert Chocolate & Beetroot Brownie (G,E)
Thursday	Main Meals Shepherds Pie Topped with Sweet Potato Mash (g) Halal Shepherds Pie Topped with Sweet Potato Mash (g) 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:
15th January, 5th February, 26th February, 18th March, 8th April, 29th April, 20th May

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)

BM3 HalalNonMFMPinnerWood
Jan 2024

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

