

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

Week 1

**Monday**

**Main Meals**  
Spinach & Pepper Pizza (G,SO,MK,e) with Baked Jacket Wedges V  
Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V  
Jacket Potato with Baked Beans Ve

**Vegetables**  
Sweetcorn Ve

**Dessert**  
Chocolate Rice Krispie Cake (G) V

**Tuesday**

**Main Meals**  
Beef & Potato Keema (g) with Yellow Rice  
Halal Beef & Potato Keema (g) with Yellow Rice  
Sweet Potato & Chickpea Curry (C) with Yellow Rice Ve  
Pasta (G) with Roasted Tomato & Basil Sauce Ve

**Vegetables**  
Peas Ve

**Dessert**  
Carrot Cake (G,E) V

**Wednesday**

**Main Meals**  
Roast Chicken with Roast Potatoes & Gravy  
Halal Roast Chicken with Roast Potatoes & Gravy  
Macaroni & Cheese (G,MK) V  
Jacket Potato with Salmon Mayonnaise (E,F)

**Vegetables**  
Seasonal Greens Ve

**Dessert**  
Vanilla Ice Cream (MK) V

**Thursday**

**Main Meals**  
Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)  
Halal Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)  
Vegetable Pasta Bake (G,MK,C) V  
Jacket Potato with Cheese (MK) V

**Vegetables**  
Steamed Carrots Ve

**Dessert**  
Maryland Cookie (G,mk) V

**Friday**

**Main Meals**  
Breaded Fish Fingers (G,F)  
Vegetable & Bean Chimichangas (G,MK,C) V  
Pasta (G) with Cheese Sauce (G,MK) V

**Vegetables**  
Chips & Baked Beans Ve

**Dessert**  
Chocolate & Courgette Sponge (G,E) V

**Freshly Baked Bread:** Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 1:

9<sup>th</sup> October, 30<sup>th</sup> October, 20<sup>th</sup> November, 11<sup>th</sup> December

## 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 Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

**Monday**

**Main Meals**  
Chicken & Sweetcorn Meatball Sub Roll (G,so,se) with Baked Jacket Wedges  
Halal Chicken & Sweetcorn Meatball Sub Roll (G,so,se) with Baked Jacket Wedges  
Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve  
Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve

**Vegetables**  
Carrot Sticks Ve

**Dessert**  
Lemon Drizzle Sponge (G,E) V

**Tuesday**

**Main Meals**  
Beef Lasagne (G,MK,e)  
Halal Beef Lasagne (G,MK,e)  
Chunky Vegetable Dhal (C,g) with Rice Ve  
Jacket Potato with Cheese (MK) V

**Vegetables**  
Sweetcorn Ve

**Dessert**  
Flapjack (G) Ve

**Wednesday**

**Main Meals**  
Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy  
Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy  
Ratatouille Pasta Bake (G) Ve  
Jacket Potato with Baked Beans Ve

**Vegetables**  
Broccoli Ve

**Dessert**  
Orange Shortbread Biscuit (G) Ve

**Thursday**

**Main Meals**  
Chicken Biryani (MU,g)  
Halal Chicken Biryani (MU,g)  
Vegetable Biryani (MU,g) Ve  
Pasta (G) with Tomato & Vegetable Sauce (g) Ve

**Vegetables**  
Peas Ve

**Dessert**  
Apple Crumble (G) Ve with Custard (MK) V

**Friday**

**Main Meals**  
Breaded Fish Fingers (G,F)  
Spiced Squash & Spinach Samosa (G) Ve  
Pasta (G) with Cheese Sauce (G,MK) V

**Vegetables**  
Chips & Baked Beans Ve

**Dessert**  
Apple & Parsnip Cake (G,E) V

**Freshly Baked Bread:** Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:

16<sup>th</sup> October, 6<sup>th</sup> November, 27<sup>th</sup> November, 18<sup>th</sup> December

Week 3

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians

**Monday**

**Main Meals**  
Chicken and Beef Sausages with Mashed Potato & Gravy  
Halal Chicken and Beef Sausages with Mashed Potato & Gravy  
Vegan Sausages (G) with Mashed Potato & Gravy Ve  
Pasta (G) with Cheese Sauce (G,MK) V

**Vegetables**  
Peas Ve

**Dessert**  
Apple & Carrot Flapjack (G) Ve

**Tuesday**

**Main Meals**  
Beef Bolognese (C) with Spaghetti (G)  
Halal Beef Bolognese (C) with Spaghetti (G)  
Vegan Bolognese (SO,g) with Spaghetti (G) Ve  
Jacket Potato with Cheese (MK) V

**Vegetables**  
Steamed Carrots Ve

**Dessert**  
Chocolate & Beetroot Brownie (G,E) V

**Wednesday**

**Main Meals**  
Sticky Glazed Chicken  
Halal Sticky Glazed Chicken  
Margherita Pizza (G,SO,MK,e) V  
Pasta (G) with Tomato & Basil Sauce (g) Ve

**Vegetables**  
Spicy Potato Wedges Ve & Coleslaw (E) V

**Dessert**  
Cherry Cornflake Cake (G,SU) V

**Thursday**

**Main Meals**  
Chicken Tikka Masala (MU) & Rice  
Halal Chicken Tikka Masala (MU) & Rice  
Vegetable Pasanda (MU) with Rice Ve  
Jacket Potato with Baked Beans Ve

**Vegetables**  
Sweetcorn Ve

**Dessert**  
Vanilla Ice Cream (MK) V

**Friday**

**Main Meals**  
Breaded Fish Fingers (G,F)  
Vegetable & Bean Stuffed Pitta Pocket (G) Ve  
Pasta (G) with Tomato & Lentil Sauce (C,g) Ve

**Vegetables**  
Chips & Baked Beans Ve

**Dessert**  
Chocolate Shortbread Biscuit (G) Ve

**Freshly Baked Bread:** Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:

2<sup>nd</sup> October, 23<sup>rd</sup> October, 13<sup>th</sup> November, 4<sup>th</sup> December

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)

BM2 Halal Non Montem  
October 2023  
All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

