

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



Monday

Main Meals
 Sweet & Sour Chicken with Egg Noodles
 Halal Sweet & Sour Chicken with Egg Noodles
 Tex Mex Vegetarian Sausage Hot Pot V
 Pasta with Cheese Sauce V

Vegetables
 Sweetcorn & Peas Ve

Dessert
 Vanilla Ice Cream with Fruit Compote V

Tuesday

Main Meals
 Mild Turkey & Vegetable Curry with Steamed Rice
 Halal Mild Turkey & Vegetable Curry with Steamed Rice
 Sweet Potato & Vegetable Curry with Steamed Rice Ve
 Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
 Cauliflower & Green Beans Ve

Dessert
 Fruit Burst Jelly Ve

Wednesday

Main Meals
 Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 BBQ Roast Sweet Potato & Bean Loaf with Roast Potatoes & Gravy Ve
 Wholegrain Pasta with Tomato Sauce Ve

Vegetables
 Seasonal Greens & Carrots Ve

Dessert
 Apple & Oaty Topped Crumble Ve with Custard V

Thursday

Main Meals
 Lamb Bolognese with Spaghetti
 Halal Lamb Bolognese with Spaghetti
 Vegetable Burger in a Bun Ve
 Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
 Broccoli & Sweetcorn Ve

Dessert
 Chocolate & Beetroot Brownie V

Friday

Main Meals
 Fish Fingers with Oven Baked Chips
 Vegetable Burrito Wrap Ve
 Pasta with Tomato Sauce Ve

Vegetables
 Peas & Baked Beans Ve

Dessert
 Maryland Cookie V

Freshly Baked Bread:
 Garlic & Herb Bread V Wholemeal Bread V

Week 1:
 29th August, 19th September, 10th October, 31st October, 21st November, 12th December, 2nd January, 23rd January, 13th February

Monday

Main Meals
 BBQ Chicken Pizza
 Halal BBQ Chicken Pizza
 Margherita Pizza V
 Jacket Potato with Tuna Mayonnaise or Baked Beans Ve

Vegetables
 Sweetcorn Ve & Coleslaw V

Dessert
 Chocolate & Courgette Sponge with Chocolate Sauce V

Tuesday

Main Meals
 Turkey Lasagne
 Halal Turkey Lasagne
 Sweet & Sour Vegetables with Steamed Rice Ve
 Wholegrain Pasta with Tomato Sauce Ve

Vegetables
 Cauliflower & Peas Ve

Dessert
 Oat & Cherry Cookie e

Wednesday

Main Meals
 Roast Chicken with Roast Potatoes & Gravy
 Halal Roast Chicken with Roast Potatoes & Gravy
 Cauliflower & Cheese Bake with Roast Potatoes & Gravy V
 Pasta with Cheese Sauce V

Vegetables
 Seasonal Greens & Carrots Ve

Dessert
 Banana Flapjack Ve

Thursday

Main Meals
 Turkey & Bean Chilli with Rice
 Halal Turkey & Bean Chilli with Rice
 Vegan Chilli Con Carne with Rice Ve
 Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
 Broccoli & Sweetcorn Ve

Dessert
 Apple & Parsnip Sponge V

Friday

Main Meals
 Battered Fish with Oven Baked Chips
 Vegetable Goujon with Oven Baked Chips Ve
 Pasta with Roasted Tomato Sauce Ve

Vegetables
 Baked Beans & Peas Ve

Dessert
 Vanilla Ice Cream with Peach Compote V

Freshly Baked Bread:
 Carrot & Thyme Bread V Wholemeal Bread V

Week 2:
 5th September, 26th September, 17th October, 7th November, 28th November, 19th December, 9th January, 30th January, 20th February

Monday

Main Meals
 Shepherds Pie topped with Sliced Sweet Potato
 Halal Shepherds Pie topped with Sliced Sweet Potato
 Macaroni & Cheese V
 Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
 Peas & Carrots Ve

Dessert
 Sticky Banana Bread V

Tuesday

Main Meals
 Chicken & Sweetcorn Meatballs with Tomato Sauce & Pasta
 Halal Chicken & Sweetcorn Meatballs with Tomato Sauce & Pasta
 Vegetable Jambalaya Ve
 Jacket Potato with Salmon Mayonnaise or Cheese V

Vegetables
 Cauliflower & Broccoli Ve

Dessert
 Chocolate Shortbread Ve

Wednesday

Main Meals
 Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Halal Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Roasted Ratatouille with Crumble Ve
 Wholegrain Pasta with Cheese Sauce V

Vegetables
 Seasonal Greens & Mashed Swede Ve

Dessert
 Mandarin Jelly Ve

Thursday

Main Meals
 Chicken Burger in a Bun
 Halal Chicken Burger in a Bun
 Vegan Bolognese with Spaghetti Ve
 Jacket Potato with Baked Beans Ve or Cheese V

Vegetables
 Sweetcorn Ve & Coleslaw V

Dessert
 Jammy Bread & Butter Pudding with Custard V

Friday

Main Meals
 Fish Fingers with Oven Baked Chips
 BBQ Vegetable Quesadilla V
 Pasta with Tomato Sauce Ve

Vegetables
 Baked Beans & Peas Ve

Dessert
 Chocolate Mousse V

Freshly Baked Bread:
 Tomato & Herb Bread V Wholemeal Bread V

Week 3:
 12th September, 3rd October, 24th October, 14th November, 5th December, 26th December, 16th January, 6th February, 27th February

V - Suitable for vegetarians
 Ve - Suitable for vegans & vegetarians
 All products are subject to availability.

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.

BM3 Halal Non Lake Farm
 Available Every Day
 Fresh Fruit Platter Ve
 Homemade Fruit Yoghurt V
 September 2022
pabulummm
 HONESTLY GOOD FOOD