

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

Week 1

Monday

Main Meals
Spinach & Pepper Pizza with Baked Jacket Wedges V
Margherita Pizza with Baked Jacket Wedges V

Vegetables
Sweetcorn Ve

Dessert
Chocolate Rice Krispie Cake V

Jacket Potato with Baked Beans Ve

Tuesday

Main Meals
Lamb & Potato Keema with Yellow Rice
Halal Lamb & Potato Keema with Yellow Rice
Sweet Potato & Chickpea Curry with Yellow Rice Ve

Vegetables
Peas Ve

Dessert
Carrot Cake V

Pasta with Roasted Tomato & Basil Sauce Ve

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese V

Vegetables
Seasonal Greens Ve

Dessert
Vanilla Ice Cream V

Jacket Potato with Salmon Mayonnaise

Thursday

Main Meals
Creamy Pesto Chicken with Fusilli Pasta
Halal Creamy Pesto Chicken with Fusilli Pasta
Vegetable Pasta Bake V

Vegetables
Steamed Carrots Ve

Dessert
Maryland Cookie V

Jacket Potato with Cheese V

Friday

Main Meals
Breaded Fish Fingers
Vegetable & Bean Chimichangas V

Vegetables
Chips & Baked Beans Ve

Dessert
Chocolate & Courgette Sponge V

Pasta with Cheese Sauce V

Freshly Baked Bread:

Pesto Bread V Wholemeal Bread V

Week 1:
26th June, 17th July, 28th August, 18th September, 9th October

Available Every Day:
Fresh Fruit Ve
Yoghurt V or Jelly Ve

Pabulum Salad Bar
Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our 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.

Week 2

Monday

Main Meals
Chicken & Sweetcorn Meatball Sub Roll with Baked Jacket Wedges
Halal Chicken & Sweetcorn Meatball Sub Roll with Baked Jacket Wedges
Vegetable Burger in a Bun with Baked Jacket Wedges Ve

Vegetables
Carrot Sticks Ve

Dessert
Lemon Drizzle Sponge V

Wholewheat Pasta with Arrabiatta Sauce Ve

Tuesday

Main Meals
Lamb Lasagne
Halal Lamb Lasagne
Chunky Vegetable Dhal with Rice Ve

Vegetables
Sweetcorn Ve

Dessert
Flapjack Ve

Jacket Potato with Cheese V

Wednesday

Main Meals
Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy
Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy
Ratatouille Pasta Bake Ve

Vegetables
Broccoli Ve

Dessert
Orange Shortbread Biscuit Ve

Jacket Potato with Baked Beans Ve

Thursday

Main Meals
Chicken Biryani
Halal Chicken Biryani
Vegetable Biryani Ve

Vegetables
Peas Ve

Dessert
Apple Crumble Ve with Custard V

Pasta with Tomato & Vegetable Sauce Ve

Friday

Main Meals
Breaded Fish Fingers
Spiced Squash & Spinach Samosa Ve

Vegetables
Chips & Baked Beans Ve

Dessert
Apple & Parsnip Cake V

Pasta with Cheese Sauce V

Freshly Baked Bread:

Tomato & Herb Bread V Wholemeal Bread V

Week 2:
12th June, 3rd July, 4th September, 25th September, 16th October

Week 3

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

Monday

Main Meals
Chicken & Vegetable Pie with Mashed Potato & Gravy
Halal Chicken & Vegetable Pie with Mashed Potato & Gravy
Vegan Sausages with Mashed Potato & Gravy Ve

Vegetables
Peas Ve

Dessert
Apple & Carrot Flapjack Ve

Pasta with Cheese Sauce V

Tuesday

Main Meals
Lamb Bolognese with Spaghetti
Halal Lamb Bolognese with Spaghetti
Vegan Bolognese with Spaghetti Ve

Vegetables
Steamed Carrots Ve

Dessert
Chocolate & Beetroot Brownie V

Jacket Potato with Cheese V

Wednesday

Main Meals
Sticky Glazed Chicken
Halal Sticky Glazed Chicken
Margherita Pizza V

Vegetables
Spicy Potato Wedges Ve & Coleslaw V

Dessert
Cherry Cornflake Cake V

Pasta with Tomato & Basil Sauce Ve

Thursday

Main Meals
Chicken Tikka Masala & Rice
Halal Chicken Tikka Masala & Rice
Vegetable Pasanda with Rice Ve

Vegetables
Sweetcorn Ve

Dessert
Vanilla Ice Cream V

Jacket Potato with Baked Beans Ve

Friday

Main Meals
Breaded Fish Fingers
Vegetable & Bean Stuffed Pitta Pocket Ve

Vegetables
Chips & Baked Beans Ve

Dessert
Chocolate Shortbread Biscuit Ve

Pasta with Tomato & Lentil Sauce Ve

Freshly Baked Bread:

Garlic & Rosemary Bread V Wholemeal Bread V

Week 3:
19th June, 10th July, 11th September, 2nd October

BM3 Halal Non Lake Farm
June 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

