

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 Jacket Potato with Baked Beans Ve	Vegetables Sweetcorn Ve Dessert Chocolate Rice Krispie Cake V
	Main Meals Lamb & Potato Keema with Yellow Rice Halal Lamb & Potato Keema with Yellow Rice Sweet Potato & Chickpea Curry with Yellow Rice Ve Pasta with Roasted Tomato & Basil Sauce Ve	Vegetables Peas Ve Dessert Carrot Cake V
Wednesday	Main Meals Roast Chicken with Roast Potatoes & Gravy Halal Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese V Jacket Potato with Salmon Mayonnaise	Vegetables Seasonal Greens Ve Dessert Vanilla Ice Cream V
	Main Meals Creamy Pesto Chicken with Fusilli Pasta Halal Creamy Pesto Chicken with Fusilli Pasta Vegetable Pasta Bake V Jacket Potato with Cheese V	Vegetables Steamed Carrots Ve Dessert Maryland Cookie V
Friday	Main Meals Breaded Fish Fingers Vegetable & Bean Chimichangas V Pasta with Cheese Sauce V	Vegetables Chips & Baked Beans Ve Dessert Chocolate & Courgette Sponge V

Freshly Baked Bread: Pesto Bread V Wholemeal Bread V

Week 1:
9th October, 30th October, 20th November, 11th 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 V or Jelly Ve

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 Wholewheat Pasta with Arrabiatta Sauce Ve	Vegetables Carrot Sticks Ve Dessert Lemon Drizzle Sponge V
	Main Meals Lamb Lasagne Halal Lamb Lasagne Chunky Vegetable Dhal with Rice Ve Jacket Potato with Cheese V	Vegetables Sweetcorn Ve Dessert Flapjack Ve
Wednesday	Main Meals Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Ratatouille Pasta Bake Ve Jacket Potato with Baked Beans Ve	Vegetables Broccoli Ve Dessert Orange Shortbread Biscuit Ve
	Main Meals Chicken Biryani Halal Chicken Biryani Vegetable Biryani Ve Pasta with Tomato & Vegetable Sauce Ve	Vegetables Peas Ve Dessert Apple Crumble Ve with Custard V
Friday	Main Meals Breaded Fish Fingers Spiced Squash & Spinach Samosa Ve Pasta with Cheese Sauce V	Vegetables Chips & Baked Beans Ve Dessert Apple & Parsnip Cake V

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

Week 2:
16th October, 6th November, 27th November, 18th December

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 Pasta with Cheese Sauce V	Vegetables Peas Ve Dessert Apple & Carrot Flapjack Ve
	Main Meals Lamb Bolognese with Spaghetti Halal Lamb Bolognese with Spaghetti Vegan Bolognese with Spaghetti Ve Jacket Potato with Cheese V	Vegetables Steamed Carrots Ve Dessert Chocolate & Beetroot Brownie V
Wednesday	Main Meals Sticky Glazed Chicken Halal Sticky Glazed Chicken Margherita Pizza V Pasta with Tomato & Basil Sauce Ve	Vegetables Spicy Potato Wedges Ve & Coleslaw V Dessert Cherry Cornflake Cake V
	Main Meals Chicken Tikka Masala & Rice Halal Chicken Tikka Masala & Rice Vegetable Pasanda with Rice Ve Jacket Potato with Baked Beans Ve	Vegetables Sweetcorn Ve Dessert Vanilla Ice Cream V
Friday	Main Meals Breaded Fish Fingers Vegetable & Bean Stuffed Pitta Pocket Ve Pasta with Tomato & Lentil Sauce Ve	Vegetables Chips & Baked Beans Ve Dessert Chocolate Shortbread Biscuit Ve

Freshly Baked Bread:

Garlic & Rosemary Bread V Wholemeal Bread V

Week 3:
2nd October, 23rd October, 13th November, 4th December



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