

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

Week 1

Monday

## Main Meals

Lamb Bolognese with Spaghetti  
Halal Lamb Bolognese with Spaghetti  
Vegan Bolognese with Spaghetti  
Baked Jackets with Grated Cheese or Baked Beans

## Served With

Peas & Broccoli

## Dessert

Maryland Cookie

Tuesday

## Main Meals

BBQ Chicken Pizza with Baked Wedges  
Halal BBQ Chicken Pizza with Baked Wedges  
Margherita Pizza with Baked Wedges  
Pasta & Tomato Sauce

## Served With

Carrots & Sweetcorn

## Dessert

Apple Crumble with Custard

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Halal Roast Chicken with Roast Potatoes & Gravy  
Squash & Lentil Lasagne  
Baked Jackets with Grated Cheese or Baked Beans

## Served With

Seasonal Greens & Cauliflower

## Dessert

Cherry Cornflake Cake

Thursday

## Main Meals

Lamb Chilli Con Carne with Steamed Rice  
Halal Lamb Chilli Con Carne with Steamed Rice  
Vegan Bean Chilli with Steamed Rice  
Pasta & Tomato Sauce

## Served With

Broccoli & Carrots

## Dessert

Chocolate & Pear Sponge

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Goujons with Chips & Ketchup  
Baked Jackets with Grated Cheese or Baked Beans

## Served With

Peas & Baked Beans

## Dessert

Banana Flapjack

### Freshly Baked Bread:

Carrot & Beetroot or Wholemeal Bread

Week 1: 1<sup>st</sup> January, 22<sup>nd</sup> January, 12<sup>th</sup> February, 4<sup>th</sup> March, 25<sup>th</sup> March, 15<sup>th</sup> April, 6<sup>th</sup> 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 or Jelly

Week 2

Monday

## Main Meals

Creamy Chicken & Mushroom with Mashed Potato  
Halal Creamy Chicken & Mushroom with Mashed Potato  
Vegan Sausage with Mashed Potato & Gravy  
Pasta & Tomato Sauce

## Served With

Sweetcorn & Baked Beans

## Dessert

Chocolate Rice Krispie Cake

Tuesday

## Main Meals

Chicken & Sweetcorn Pasta  
Halal Chicken & Sweetcorn Pasta  
Vegan Tomato & Mixed Bean Sauce with Fusilli  
Baked Jackets with Grated Cheese or Baked Beans

## Served With

Carrots & Broccoli

## Dessert

Vanilla Shortbread

Wednesday

## Main Meals

Roast Turkey with Roast Potatoes & Gravy  
Halal Roast Turkey with Roast Potatoes & Gravy  
Sweet Chilli Stir-fry Mushroom & Vegetable Noodles  
Wholewheat Pasta & Tomato Sauce

## Served With

Seasonal Greens & Peas

## Dessert

Vanilla Ice Cream

Thursday

## Main Meals

Lamb Keema with Turmeric Rice  
Halal Lamb Keema with Turmeric Rice  
Vegan Layered Vegetable & Sweet Potato Bake  
Baked Jackets with Baked Beans or Salmon Mayonnaise

## Served With

Carrots & Sweetcorn

## Dessert

Apple & Carrot Flapjack

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Fajita Wrap with Chips & Ketchup  
Pasta & Tomato Sauce

## Served With

Peas & Baked Beans

## Dessert

Lemon Drizzle Sponge

### Freshly Baked Bread:

Garlic & Herb or Wholemeal Bread

Week 2: 8<sup>th</sup> January, 29<sup>th</sup> January, 19<sup>th</sup> February, 11<sup>th</sup> March, 1<sup>st</sup> April, 22<sup>nd</sup> April, 13<sup>th</sup> May

Week 3

Monday

## Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne  
Halal Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne  
Vegan Roasted Ratatouille with Penne  
Baked Jackets with Grated Cheese or Baked Beans

## Served With

Carrots & Broccoli

## Dessert

Orange Shortbread Biscuit

Tuesday

## Main Meals

Mild Chicken & Vegetable Curry with Steamed Rice  
Halal Mild Chicken & Vegetable Curry with Steamed Rice  
Vegan Burrito  
Pasta & Tomato Sauce

## Served With

Sweetcorn & Coleslaw

## Dessert

Carrot Cake

Wednesday

## Main Meals

Herby Roast Chicken with Roast Potatoes & Gravy  
Halal Herby Roast Chicken with Roast Potatoes & Gravy  
3 Vegetable Mac n' Cheese  
Baked Jackets with Grated Cheese or Baked Beans

## Served With

Seasonal Greens & Broccoli

## Dessert

Chocolate & Beetroot Brownie

Thursday

## Main Meals

Macaroni & Cheese Lamb Bolognese Bake  
Halal Macaroni & Cheese Lamb Bolognese Bake  
Vegan Chickpea & Spinach Korma with Steamed Rice  
Pasta & Tomato Sauce

## Served With

Cauliflower & Carrots

## Dessert

Vanilla Ice Cream

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Bubble & Squeak with Chips & Ketchup

## Served With

Peas & Baked Beans

## Dessert

Apple & Parsnip Cake

Baked Jackets with Grated Cheese or Baked Beans

### Freshly Baked Bread:

Courgette & Tomato or Wholemeal Bread

Week 3: 15<sup>th</sup> January, 5<sup>th</sup> February, 26<sup>th</sup> February, 18<sup>th</sup> March, 8<sup>th</sup> April, 29<sup>th</sup> April, 20<sup>th</sup> May



BM3HalalNonLakeFarm  
Jan 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD