

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

Monday

Main Meals

- Sausage & Mash with Onion Gravy
- Tex Mex Vegetarian Sausage Hot Pot ✓
- Pasta with Cheese Sauce ✓

Vegetables

Sweetcorn & Peas ✓

Dessert

Vanilla Ice Cream with Fruit Compote ✓

Tuesday

Main Meals

- Mild Chicken & Vegetable Curry with Steamed Rice
- Thai Vegetable Green Curry with Steamed Rice ✓
- Jacket Potato with Baked Beans ✓

Vegetables

Cauliflower & Green Beans ✓

Dessert

Fruit Burst Jelly ✓

Wednesday

Main Meals

- Honey Roast Gammon with Roast Potatoes & Gravy
- BBQ Roast Sweet Potato & Bean Loaf with Roast Potatoes & Gravy ✓
- Wholegrain Pasta with Tomato Sauce ✓

Vegetables

Seasonal Greens & Carrots ✓

Dessert

Apple & Oaty Topped Crumble ✓ with Custard ✓

Thursday

Main Meals

- Beef Bolognese with Spaghetti
- Homemade Vegan Burger in a Bun ✓
- Jacket Potato with Cheese ✓

Vegetables

Broccoli & Sweetcorn ✓

Dessert

Chocolate & Beetroot Brownie ✓

Friday

Main Meals

- Fish Fingers with Oven Baked Chips
- Vegetable Burrito Wrap ✓
- Pasta with Tomato Sauce ✓

Vegetables

Peas & Baked Beans ✓

Dessert

Maryland Cookie ✓

Freshly Baked Bread:

Garlic & Herb Bread ✓ Wholemeal Bread ✓

Week 1:

12th December, 2nd January, 23rd January, 13th February

Monday

Main Meals

- BBQ Chicken Pizza
- Margherita Pizza ✓
- Jacket Potato with Tuna Mayonnaise

Vegetables

Sweetcorn ✓ & Coleslaw ✓

Dessert

Chocolate & Courgette Sponge with Chocolate Sauce ✓

Tuesday

Main Meals

- Turkey & Vegetable Pie Topped with Puff Pastry
- Sweet & Sour Vegetables with Steamed Rice ✓
- Wholegrain Pasta with Tomato Sauce ✓

Vegetables

Cauliflower & Peas ✓

Dessert

Oat & Cherry Cookie ✓

Wednesday

Main Meals

- Roast Chicken with Roast Potatoes & Gravy
- Cauliflower & Cheese Bake with Roast Potatoes & Gravy ✓
- Pasta with Cheese Sauce ✓

Vegetables

Seasonal Greens & Carrots ✓

Dessert

Banana Flapjack ✓

Thursday

Main Meals

- Beef & Bean Chilli with Rice
- Vegan Chilli Con Carne with Rice ✓
- Jacket Potato with Baked Beans ✓

Vegetables

Broccoli & Sweetcorn ✓

Dessert

Apple & Parsnip Sponge ✓

Friday

Main Meals

- Battered Fish with Oven Baked Chips
- Vegetable Goujon with Oven Baked Chips ✓
- Pasta with Roasted Tomato Sauce ✓

Vegetables

Baked Beans & Peas ✓

Dessert

Vanilla Ice Cream with Peach Compote ✓

Freshly Baked Bread:

Carrot & Thyme Bread ✓ Wholemeal Bread ✓

Week 2:

19th December, 9th January, 30th January, 20th February

Monday

Main Meals

- Cottage Pie topped with Sliced Sweet Potato
- Macaroni & Cheese ✓
- Jacket Potato with Baked Beans ✓

Vegetables

Peas & Carrots ✓

Dessert

Sticky Banana Bread ✓

Tuesday

Main Meals

- Chicken & Sweetcorn Meatballs with Tomato Sauce & Pasta
- Vegetable Jambalaya ✓
- Jacket Potato with Salmon Mayonnaise

Vegetables

Cauliflower & Broccoli ✓

Dessert

Chocolate Shortbread ✓

Wednesday

Main Meals

- Thyme Roast Chicken Breast with Roast Potatoes & Gravy
- Roasted Ratatouille with Crumble ✓
- Wholegrain Pasta with Cheese Sauce ✓

Vegetables

Seasonal Greens & Mashed Swede ✓

Dessert

Mandarin Jelly ✓

Thursday

Main Meals

- Beef Burger in a Bun
- Vegan Bolognese with Spaghetti ✓
- Jacket Potato with Baked Beans ✓

Vegetables

Sweetcorn ✓ & Coleslaw ✓

Dessert

Jammy Bread & Butter Pudding with Custard ✓

Friday

Main Meals

- Fish Fingers with Oven Baked Chips
- BBQ Vegetable Quesadillas ✓
- Pasta with Tomato Sauce ✓

Vegetables

Baked Beans & Peas ✓

Dessert

Chocolate Mousse ✓

Freshly Baked Bread:

Tomato & Herb Bread ✓ Wholemeal Bread ✓

Week 3:

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.

BM1
Available Every Day
Fresh Fruit Platter ✓
Homemade Fruit Yoghurt ✓

September 2022

pabulummm
HONESTLY GOOD FOOD