

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

Week 1

Monday

## Main Meals

Baked Sausages with Crushed Potatoes & Gravy

3 Veg Macaroni Cheese

Pasta with Tomato & Basil Sauce

## Served With

Baked Beans & Peas

## Dessert

Chocolate & Sweet Potato Brownie

Tuesday

## Main Meals

Traditional Beef Lasagne

Vegetable Lasagne

Jacket Potato with Baked Beans

## Served With

Sweetcorn & Broccoli

## Dessert

Courgette & Oat Cookie

Wednesday

## Main Meals

Roast Chicken Fillets with Gravy

Vegan Squash, Sweet Potato & Bean Hot Pot

Pasta with Tomato & Basil Sauce

## Served With

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Vanilla Ice Cream

Thursday

## Main Meals

Homemade Pepperoni Pizza with Baked Wedges

Margherita Pizza with Baked Wedges

Jacket Potato with Cheddar Cheese

## Served With

Cauliflower & Roasted Carrots

## Dessert

Apple & Parsnip Sponge

Friday

## Main Meals

Fish Fingers, Chips & Ketchup

Vegan Vegetable Fingers, Chips & Ketchup

Pasta with Tomato & Basil Sauce

## Served With

Baked Beans & Peas

## Dessert

Fruit Jelly

### Freshly Baked Bread:

Tomato & Rosemary Bread or Wholemeal Bread

Week 1: 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 17<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar, 21<sup>st</sup> Apr, 12<sup>th</sup> May, 2<sup>nd</sup> Jun, 23<sup>rd</sup> Jun, 14<sup>th</sup> Jul

### 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.

Available Every Day:  
Fresh Fruit, Yoghurt or Jelly

Week 2

Monday

## Main Meals

Beef Bolognese with Spaghetti

Vegan Bolognese with Spaghetti

Jacket Potato with Baked Beans

## Served With

Cauliflower & Green Beans

## Dessert

Maryland Cookie

Tuesday

## Main Meals

Caribbean Chicken & Sweet Potato Curry with Steamed Rice

Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice

Pasta with Squash & Tomato Sauce

## Served With

Carrots & Peas

## Dessert

Carrot & Apple Flapjack

Wednesday

## Main Meals

Honey Roast Gammon with Gravy

Vegan Bombay Chickpea Burrito

Pasta with Squash & Tomato Sauce

## Served With

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Banana & Cinnamon Sponge

Thursday

## Main Meals

Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta

Vegan Vegetable & Chickpea Ragù with Penne Pasta

Jacket Potato with Cheddar Cheese

## Served With

Broccoli & Sweetcorn

## Dessert

Cherry Shortbread

Friday

## Main Meals

Fish Fingers, Chips & Ketchup

Vegan Boston BBQ 3 Bean Stew with Baked Jackets

Pasta with Squash & Tomato Sauce

## Served With

Baked Beans & Peas

## Dessert

Vanilla Ice Cream

### Freshly Baked Bread:

Beetroot & Herb or Wholemeal Bread

Week 2: 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> Apr, 28<sup>th</sup> Apr, 19<sup>th</sup> May, 9<sup>th</sup> Jun, 30<sup>th</sup> Jun, 21<sup>st</sup> Jul

Week 3

Monday

## Main Meals

Homemade Pepperoni Pizza with Baked Wedges

Margherita Pizza with Baked Wedges

Pasta with Tomato & Vegetable Sauce

## Served With

Classic Coleslaw & Sweetcorn

## Dessert

Cinnamon Apple Crumble with Custard

Tuesday

## Main Meals

Sticky Soy, Vegetable & Beef Stir Fry with Egg Noodles

Sticky Soy Vegetable Stir Fry with Egg Noodles

Jacket Potato with Baked Beans

## Served With

Broccoli & Cauliflower

## Dessert

Sultana & Oat Cookie

Wednesday

## Main Meals

Slow Roast Beef & Root Vegetables with Gravy

Vegan Country Vegetable & Bean Pie

Pasta with Tomato & Vegetable Sauce

## Served With

Roast Potatoes, Seasonal Greens & Carrots

## Dessert

Fruit Jelly

Thursday

## Main Meals

Curried Beef & Vegetables with Steamed Rice

Vegan Mexican Bean & Vegetable Savoury Rice

Jacket Potato with Salmon Mayonnaise or Baked Beans

## Served With

Cauliflower & Roasted Carrots

## Dessert

Orange Drizzle Cake

Friday

## Main Meals

Fish Fingers, Chips & Ketchup

Mexican Roasted Vegetable & Bean Quesadilla

Wholewheat Pasta with Tomato & Vegetable Sauce

## Served With

Baked Beans & Peas

## Dessert

Chocolate & Courgette Rice Krispie Cake

### Freshly Baked Bread:

Pesto & Garlic Bread or Wholemeal Bread

Week 3: 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr, 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> Jun, 7<sup>th</sup> Jul, 28<sup>th</sup> Jul



BM1Discovery  
Jan 2025

All products are subject  
to availability

**pabulummm**  
HONESTLY GOOD FOOD