

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

Meat Free Monday (MF)

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - www.schoolfoodplan.com

MF Monday

- Main Meals**
Margarita Pizza with Potato Salad V
Sweet Potato & Vegetable Dahl with Rice Ve
Jacket Potato with Baked Beans Ve or Cheese V
- Vegetables**
Sweetcorn & Green Beans Ve
- Dessert**
Cinnamon & Sultana Bread & Butter Pudding with Custard V

Main Meals

- Beef Burger in a Bun with Oven Baked Wedges
Vegetarian Burger in a Bun V
with Oven Baked wedges Ve
Pasta with Tomato & Basil Sauce Ve

Vegetables

- Peas Ve & Coleslaw V

Dessert

- Marble Sponge with Custard V

Tuesday

Main Meals

- Roast Chicken Fillets in Tomato Sauce with Roast Potatoes

Vegetables

- Carrots & Cabbage Ve

Dessert

- Waffles with Berry Compote V

Wednesday

- Wholemeal Pasta with Cheese Sauce V

Main Meals

- Sausages with Mashed Potato & Gravy
Vegan Mince & Vegetable Pie topped with Mashed Potato Ve
Jacket Potato with Tuna Mayonnaise or Cheese V

Vegetables

- Broccoli & Sweetcorn Ve

Dessert

- Carrot Cake V

Friday

Main Meals

- Oven Baked Fish Fingers with Oven Baked Chips
Vegetable Fingers with Oven Baked Chips Ve
Pasta with Tomato & Basil Sauce Ve

Vegetables

- Baked Beans & Peas Ve

Dessert

- Pear & Berry Crumble Ve with Custard V

Freshly Baked Bread:

- Pumpkin & Carrot V Wholemeal V

Week 1:

1st Nov, 22nd Nov, 13th Dec, 3rd Jan, 24th Jan, 14th Feb, 7th Mar, 28th Mar

MF Monday

- Main Meals**
Mac n Cheese with Garlic Bread V
Vegetable & Bean Stew Ve with Garlic Bread V
Jacket Potato with Tuna Mayonnaise or Cheese V

Vegetables

- Broccoli Florets & Carrots Ve

Dessert

- Apple & Sultana Crumble Ve with Custard V

Main Meals

- Chicken Fajita with Rice
Vegetable Fajita with Rice Ve
Wholemeal Pasta with Cheese Sauce V

Vegetables

- Green Beans & Sweetcorn Ve

Dessert

- Sticky Toffee Pudding with Toffee Sauce V

Tuesday

Main Meals

- Honey Roast Gammon with Roast Potatoes & Gravy
Sweet Chilli & Vegetable Stirfry Ve
Noodles V
Jacket Potato with Baked Beans Ve or Cheese V

Vegetables

- Caiflower & Peas Ve

Dessert

- Orange & Lemon Drizzle Cake V

Wednesday

Main Meals

- Sweet Potato Topped Cottage Pie
Spinach, Courgette & Feta Filo Tart with Mashed Potato V
Pasta with Tomato Sauce Ve

Vegetables

- Carrots & Cabbage Ve

Dessert

- Cherry Cookie Ve

Friday

Main Meals

- Battered Fish Fillets with Oven Baked Chips
Vegan Bean Burrito with Oven Baked Chips Ve
Jacket Potato with Baked Beans Ve or Cheese V

Vegetables

- Baked Beans & Peas Ve

Dessert

- Chocolate & Courgette Sponge with Chocolate Sauce V

Freshly Baked Bread:

- Courgette, Oat & Thyme V Wholemeal V

Week 2:

8th Nov, 29th Nov, 20th Dec, 10th Jan, 31st Jan, 21st Feb, 14th Mar, 4th Apr

MF Monday

- Main Meals**
Quorn Sausages with Potato Wedges V
Squash & Butternut Curry Ve with Naan Bread V
Pasta with Tomato & Basil Sauce Ve

Vegetables

- Peas & Cauliflower Ve

Dessert

- Coconut & Orange Cookie V

Main Meals

- Beef Chilli Con Carne with Rice
Vegan Chilli Con Carne with Rice Ve
Jacket Potato with Tuna Mayonnaise or Cheese V

Vegetables

- Sweetcorn & Carrots Ve

Dessert

- Banana Flapjack Ve

Tuesday

Main Meals

- Herby Roast Chicken Fillets with Roast Potatoes & Gravy
Vegan Sausage Loaf with Roast Potatoes & Gravy Ve
Wholemeal Pasta with Creamy Salmon or Cheese Sauce V

Vegetables

- Green Cabbage & Roasted Root Vegetables Ve

Dessert

- Maryland Sultana Cookie V

Wednesday

Main Meals

- Turkey Vegetable Casserole with Pasta
Roasted Ratatouille Pasta Bake V
Jacket Potato with Baked Beans Ve or Cheese V

Vegetables

- Green Beans & Carrots Ve

Dessert

- Vanilla Shortbread Ve with Homemade Lemon Curd V

Friday

Main Meals

- Oven Baked Fish Fingers with Oven Baked Chips
Spinach & Tomato Pastry Pocket with Oven Baked Chips V
Pasta with Cheese Sauce V

Vegetables

- Baked Beans & Peas Ve

Dessert

- Chocolate & Beetroot Brownie V

Freshly Baked Bread:

- Sunflower, Rosemary & Tomato V Wholemeal V

Week 3:

15th Nov, 6th Dec, 27th Dec, 17th Jan, 7th Feb, 28th Feb, 21st Mar

Available Every Day

- Fresh Fruit Platter Ve
Homemade Fruit Yogurt V

Pabulum Island 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

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Pabulum
NHS EST. 1948

All products are subject to availability.

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