

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

Monday

Main Meals
Sausage & Mash with Onion Gravy
Tex Mex Vegetarian Sausage Hot Pot V
Pasta with Cheese Sauce V

Vegetables
Sweetcorn & Peas Ve
Dessert
Vanilla Ice Cream with Fruit Compote V

Tuesday

Main Meals
Mild Chicken & Vegetable Curry with Steamed Rice
Thai Vegetable Green Curry with Steamed Rice Ve
Jacket Potato with Baked Beans Ve

Vegetables
Cauliflower & Green Beans Ve
Dessert
Fruit Burst Jelly Ve

Wednesday

Main Meals
Honey Roast Gammon with Roast Potatoes & Gravy
BBQ Roast Sweet Potato & Bean Loaf with Roast Potatoes & Gravy Ve
Wholegrain Pasta with Tomato Sauce Ve

Vegetables
Seasonal Greens & Carrots Ve
Dessert
Apple & Oaty Topped Crumble Ve with Custard V

Thursday

Main Meals
Beef Bolognese with Spaghetti
Homemade Vegan ~~Burger in a Bun~~ **Bolognese**
Jacket Potato with Cheese V

Vegetables
Broccoli & Sweetcorn Ve
Dessert
Chocolate & Beetroot Brownie V

Friday

Main Meals
Fish Fingers with Oven Baked Chips
Vegetable Burrito Wrap Ve
Pasta with Tomato Sauce Ve

Vegetables
Peas & Baked Beans Ve
Dessert
Maryland Cookie V

Freshly Baked Bread:

Garlic & Herb Bread V Wholemeal Bread V

Week 1:

29th August, 19th September, 10th October, 31st October, 21st November, 12th December, 2nd January, 23rd January, 13th February

Monday

Main Meals
BBQ Chicken Pizza
Margherita Pizza V
Jacket Potato with Tuna Mayonnaise

Vegetables
Sweetcorn Ve & Coleslaw V
Dessert
Chocolate & Courgette Sponge with Chocolate Sauce V

Tuesday

Main Meals
Turkey & Vegetable Pie Topped with Puff Pastry
Sweet & Sour Vegetables with Steamed Rice Ve
Wholegrain Pasta with Tomato Sauce Ve

Vegetables
Cauliflower & Peas Ve
Dessert
Oat & Cherry Cookie Ve

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Cauliflower & Cheese Bake with Roast Potatoes & Gravy V
Pasta with Cheese Sauce V

Vegetables
Seasonal Greens & Carrots Ve
Dessert
Banana Flapjack Ve

Thursday

Main Meals
Beef & Bean Chilli with Rice
Vegan Chilli Con Carne with Rice Ve
Jacket Potato with Baked Beans Ve

Vegetables
Broccoli & Sweetcorn Ve
Dessert
Apple & Parsnip Sponge V

Friday

Main Meals
Battered Fish with Oven Baked Chips
Vegetable Goujon with Oven Baked Chips Ve
Pasta with Roasted Tomato Sauce Ve

Vegetables
Baked Beans & Peas Ve
Dessert
Vanilla Ice Cream with Peach Compote V

Freshly Baked Bread:

Carrot & Thyme Bread V Wholemeal Bread V

Week 2:

5th September, 26th September, 17th October, 7th November, 28th November, 19th December, 9th January, 30th January, 20th February

Monday

Main Meals
Cottage Pie topped with Sliced Sweet Potato
Macaroni & Cheese V
Jacket Potato with Baked Beans Ve

Vegetables
Peas & Carrots Ve
Dessert
Sticky Banana Bread V

Tuesday

Main Meals
Chicken & Sweetcorn Meatballs with Tomato Sauce & Pasta
Vegetable Jambalaya Ve
Jacket Potato with Salmon Mayonnaise

Vegetables
Cauliflower & Broccoli Ve
Dessert
Chocolate Shortbread Ve

Wednesday

Main Meals
Thyme Roast Chicken Breast with Roast Potatoes & Gravy
Roasted Ratatouille with Crumble Ve
Wholegrain Pasta with Cheese Sauce V

Vegetables
Seasonal Greens & Mashed Swede Ve
Dessert
Mandarin Jelly Ve

Thursday

Main Meals
Beef Burger in a Bun
Vegan ~~Bolognese with Spaghetti~~ **Burger**
Jacket Potato with Baked Beans Ve

Vegetables
Sweetcorn Ve & Coleslaw V
Dessert
Jammy Bread & Butter Pudding with Custard V

Friday

Main Meals
Fish Fingers with Oven Baked Chips
BBQ Vegetable Quesadillas V
Pasta with Tomato Sauce Ve

Vegetables
Baked Beans & Peas Ve
Dessert
Chocolate Mousse V

Freshly Baked Bread:

Tomato & Herb Bread V Wholemeal Bread V

Week 3:

12th September, 3rd October, 24th October, 14th November, 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 Ve
Homemade Fruit Yoghurt V

September 2022

pabulum
HONESTLY GOOD FOOD