

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

Week 1

Monday	Main Meals Ham & Pineapple Pizza (G,SO,MK,e) with Baked Jacket Wedges	Vegetables Sweetcorn Ve
	Margherita Pizza (G,SO,MK,e) with Baked Jacket Wedges V	Dessert Chocolate Rice Krispie Cake (G) V
	Jacket Potato with Baked Beans Ve	
Tuesday	Main Meals Beef Bolognese (C) with Spaghetti (G)	Vegetables Peas Ve
	Vegan Bolognese (SO,g) with Spaghetti (G) Ve	Dessert Carrot Cake (G,E) V
	Jacket Potato with Cheese (MK) V	
Wednesday	Main Meals Roast Chicken with Roast Potatoes & Gravy	Vegetables Seasonal Greens Ve
	Macaroni & Cheese (G,MK) V	Dessert Vanilla Ice Cream (MK) V
	Jacket Potato with Salmon Mayonnaise (E,F)	
Thursday	Main Meals Chicken Fajita Wrap (G)	Vegetables Steamed Carrots Ve
	Vegetable & Bean Burrito (G,SO) Ve	Dessert Maryland Cookie (G,mk) V
	Pasta (G) with Roasted Tomato & Basil Sauce Ve	
Friday	Main Meals Breaded Fish Fingers (G,F)	Vegetables Chips & Baked Beans Ve
	Vegetable & Bean Chimichangas (G,MK,C) V	Dessert Chocolate & Courgette Sponge (G,E) V
	Pasta (G) with Cheese Sauce (G,MK) V	
Freshly Baked Bread: Carrot & Thyme Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		

Week 1:
9th October, 30th October, 20th November, 11th December

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 **Ve**, Yoghurt (SO,MK) **V** or Jelly **Ve**

Week 2

Monday	Main Meals Beef Burger in a Bun (G,se) with Baked Jacket Wedges	Vegetables Carrot Sticks Ve
	Vegetable Burger in a Bun (G,se) with Baked Jacket Wedges Ve	Dessert Lemon Drizzle Sponge (G,E) V
	Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	
Tuesday	Main Meals Beef Lasagne (G,MK,e)	Vegetables Sweetcorn Ve
	Vegetable Fajita Wrap (G,SO) Ve	Dessert Flapjack (G) Ve
	Jacket Potato with Cheese (MK) V	
Wednesday	Main Meals Honey Roast Gammon with Roast Potatoes & Gravy	Vegetables Pan Fried Leeks Ve
	Ratatouille Pasta Bake (G) Ve	Dessert Orange Shortbread Biscuit (G) Ve
	Jacket Potato with Baked Beans Ve	
Thursday	Main Meals Chicken Tikka Masala (MU) & Rice	Vegetables Broccoli Ve
	Vegetable Frittata (E,MK,MU) V	Dessert Apple Crumble (G) Ve with Custard (MK) V
	Pasta (G) with Tomato & Vegetable Sauce (g) Ve	
Friday	Main Meals Breaded Fish Fingers (G,F)	Vegetables Chips & Baked Beans Ve
	Spiced Squash & Spinach Samosa (G) Ve	Dessert Apple & Parsnip Cake (G,E) V
	Pasta (G) with Cheese Sauce (G,MK) V	
Freshly Baked Bread: Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		

Week 2:
16th October, 6th November, 27th November, 18th December



Week 3

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

Monday	Main Meals Cumberland Sausages (G,SU) with Mashed Potato & Gravy	Vegetables Peas Ve
	Vegan Sausages (G) with Mashed Potato & Gravy Ve	Dessert Apple & Carrot Flapjack (G) Ve
	Pasta (G) with Cheese Sauce (G,MK) V	
Tuesday	Main Meals Beef Chilli (C,g) with Steamed Rice	Vegetables Steamed Carrots Ve
	Vegetable Chilli (SO,C,g) with Steamed Rice Ve	Dessert Chocolate & Beetroot Brownie (G,E) V
	Jacket Potato with Cheese (MK) V	
Wednesday	Main Meals Sticky Glazed Chicken	Vegetables Spicy Potato Wedges Ve & Coleslaw (E) V
	Margherita Pizza (G,SO,MK,e) V	Dessert Cherry Cornflake Cake (G,SU) V
	Pasta (G) with Tomato & Basil Sauce (g) Ve	
Thursday	Main Meals Chicken & Vegetable Chow Mein (G,E,SO,C)	Vegetables Pan Fried Leeks Ve
	Vegetable Pasta Bake (G,MK,C) V	Dessert Vanilla Ice Cream (MK) V
	Jacket Potato with Baked Beans Ve	
Friday	Main Meals Breaded Fish Fingers (G,F)	Vegetables Chips & Baked Beans Ve
	Vegetable & Bean Stuffed Pitta Pocket (G) Ve	Dessert Chocolate Shortbread Biscuit (G) Ve
	Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	
Freshly Baked Bread: Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		

Week 3:
2nd October, 23rd October, 13th November, 4th December

Allergen Key -
CAPITAL LETTERS = contains, lower case = may contain
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1 Bishop Road
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All products are subject to availability