

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

Week 1

## Pabulum Allergen Awareness Menu

Please Note Friday Main Meal Contains Fish (F)

Week 2

Week 3

**Monday**  
**Main Meals**  
 Beef Bolognaise with Spaghetti  
 Vegan Bolognaise with Spaghetti  
 Baked Jackets with Baked Beans  
**Served With**  
 Peas & Broccoli  
**Dessert**  
 Fresh Fruit Platter & Jelly

**Tuesday**  
**Main Meals**  
 BBQ Chicken Folded Flatbread with Oven Baked Wedges  
 Vegan Roasted Vegetable & Houmous Folded Flatbread with Oven Baked Wedges  
 Pasta & Tomato Sauce  
**Served With**  
 Carrots & Sweetcorn  
**Dessert**  
 Apple Crumble

**Wednesday**  
**Main Meals**  
 Roast Chicken with Roast Potatoes & Gravy  
 Vegan Roasted Vegetable Pasta Bake  
 Baked Jackets with Baked Beans  
**Served With**  
 Seasonal Greens & Cauliflower  
**Dessert**  
 Shortbread

**Thursday**  
**Main Meals**  
 Chilli Con Carne with Steamed Rice  
 Vegan Vegetable & Bean Chilli with Steamed Rice  
 Pasta & Tomato Sauce  
**Served With**  
 Broccoli & Carrots  
**Dessert**  
 Jam Tart

**Friday**  
**Main Meals**  
 Fish Fingers (F) with Oven Baked Chips & Ketchup  
 Vegan Goujons with Oven Baked Chips & Ketchup  
 Baked Jackets with Baked Beans  
**Served With**  
 Peas & Baked Beans  
**Dessert**  
 Fresh Fruit Platter & Jelly

**Freshly Baked Bread:**  
 Carrot & Beetroot Flatbread

**Monday**  
**Main Meals**  
 Chicken Sausage with Mashed Potato & Gravy  
 Vegan Vegetable Rosti with Mashed Potato & Gravy  
 Pasta & Tomato Sauce  
**Served With**  
 Sweetcorn & Baked Beans  
**Dessert**  
 Fresh Fruit Platter & Jelly

**Tuesday**  
**Main Meals**  
 Chicken & Sweetcorn Pasta  
 Pasta with Vegan Tomato & Cannellini Bean Sauce  
 Baked Jackets with Baked Beans  
**Served With**  
 Carrots & Broccoli  
**Dessert**  
 Mandarin Jelly

**Wednesday**  
**Main Meals**  
 Paprika Roast Chicken with Roast Potatoes & Gravy  
 Vegan Sweet Chilli Stir-fry Mushroom & Vegetable Rice  
 Pasta & Tomato Sauce  
**Served With**  
 Seasonal Greens & Peas  
**Dessert**  
 Chocolate Shortbread

**Thursday**  
**Main Meals**  
 Beef Keema with Turmeric Rice  
 Vegan Layered Vegetable & Sweet Potato Bake  
 Baked Jackets with Baked Beans  
**Served With**  
 Carrots & Sweetcorn  
**Dessert**  
 Jam Tart

**Friday**  
**Main Meals**  
 Fish Fingers (F) with Oven Baked Chips & Ketchup  
 Vegan Fajita Spiced Vegetable Flatbread with Oven Baked Chips & Ketchup  
 Pasta & Tomato Sauce  
**Served With**  
 Peas & Baked Beans  
**Dessert**  
 Fresh Fruit Platter & Jelly

**Freshly Baked Bread:**  
 Garlic & Herb Flatbread

**Monday**  
**Main Meals**  
 Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne  
 Vegan Roasted Vegetable Ratatouille  
 Baked Jackets with Baked Beans  
**Served With**  
 Carrots & Broccoli  
**Dessert**  
 Fresh Fruit Platter & Jelly

**Tuesday**  
**Main Meals**  
 Fajita Spiced Turkey & Vegetables with Steamed Rice  
 Vegan Vegetable & Bean Tortilla Flatbread  
 Pasta & Tomato Sauce  
**Served With**  
 Sweetcorn  
**Dessert**  
 Orange Shortbread Biscuit

**Wednesday**  
**Main Meals**  
 Herby Roast Chicken with Roast Potatoes & Gravy  
 Vegan Pasta Bake  
 Baked Jackets with Baked Beans  
**Served With**  
 Seasonal Greens & Broccoli  
**Dessert**  
 Jam Tart

**Thursday**  
**Main Meals**  
 Beef & Vegetable Ragu Pasta  
 Vegan Chickpea & Spinach Korma with Steamed Rice  
 Pasta & Tomato Sauce  
**Served With**  
 Cauliflower & Carrots  
**Dessert**  
 Maryland Cookie

**Friday**  
**Main Meals**  
 Fish Fingers (F) with Oven Baked Chips & Ketchup  
 Vegan Bubble & Squeak with Oven Baked Chips & Ketchup  
 Baked Jackets with Baked Beans  
**Served With**  
 Peas & Baked Beans  
**Dessert**  
 Fresh Fruit Platter & Jelly

**Freshly Baked Bread:**  
 Courgette & Tomato Flatbread

Week 1:  
 27<sup>th</sup> May, 17<sup>th</sup> June, 8<sup>th</sup> July, 2<sup>nd</sup> Sept, 23<sup>rd</sup> Sept, 14<sup>th</sup> Oct,  
 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec

Week 2:  
 3<sup>rd</sup> June, 24<sup>th</sup> June, 15<sup>th</sup> July, 9<sup>th</sup> Sept, 30<sup>th</sup> Sept, 21<sup>st</sup> Oct,  
 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec

Week 3:  
 10<sup>th</sup> June, 1<sup>st</sup> July, 22<sup>nd</sup> July, 16<sup>th</sup> Sept, 7<sup>th</sup> Oct, 28<sup>th</sup> Oct,  
 18<sup>th</sup> Nov, 9<sup>th</sup> Dec

**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 & Jelly



Allergen Key  
 Contains Fish (F)

BM1 & BM2 Allergen Awareness Menu  
 May 2024  
 All products are subject to availability

**pabulummm**  
 HONESTLY GOOD FOOD