

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

Week 1

Monday	Main Meals	Ham & Pineapple Pizza	Vegetables	Sweetcorn Ve
		Margherita Pizza V	Dessert	Chocolate Rice Krispie Cake V
		Jacket Potato with Baked Beans Ve		
Tuesday	Main Meals	Beef Bolognese with Spaghetti	Vegetables	Peas Ve
		Vegetable Fajita Wrap Ve	Dessert	Carrot Cake V
		Jacket Potato with Cheese V		
Wednesday	Main Meals	Roast Chicken with Roast Potatoes & Gravy	Vegetables	Seasonal Greens Ve
		Macaroni & Cheese V	Dessert	Vanilla Ice Cream V
		Jacket Potato with Salmon Mayonnaise		
Thursday	Main Meals	Creamy Pesto Chicken with Fusilli Pasta	Vegetables	Steamed Carrots Ve
		Mushroom & Vegetable Chow Mein V	Dessert	Maryland Cookie V
		Pasta with Roasted Tomato & Basil Sauce Ve		
Friday	Main Meals	Breaded Fish Fingers	Vegetables	Chips & Baked Beans Ve
		Vegetable & Bean Chimichangas V	Dessert	Chocolate & Courgette Sponge V
		Pasta with Cheese Sauce V		

Freshly Baked Bread:

Pesto Bread **V** Wholemeal Bread **V**

Week 1:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th October

Available Every Day:
Fresh Fruit **Ve**
Yoghurt **V** or Jelly **Ve**

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.

Week 2

Monday	Main Meals	Beef Burger in a Bun	Vegetables	Carrot Sticks Ve
		Vegetable Burger in a Bun Ve	Dessert	Lemon Drizzle Sponge V
		Wholewheat Pasta with Arrabiatta Sauce Ve		
Tuesday	Main Meals	Beef Lasagne	Vegetables	Sweetcorn Ve
		Vegan Bolognese with Spaghetti Ve	Dessert	Flapjack Ve
		Jacket Potato with Cheese V		
Wednesday	Main Meals	Honey Roast Gammon with Roast Potatoes & Gravy	Vegetables	Pan Fried Leeks Ve
		Ratatouille Pasta Bake Ve	Dessert	Orange Shortbread Biscuit Ve
		Jacket Potato with Baked Beans Ve		
Thursday	Main Meals	Chicken Fajita Wrap	Vegetables	Broccoli Ve
		Vegetable & Bean Burrito Ve	Dessert	Apple Crumble Ve with Custard V
		Pasta with Tomato & Vegetable Sauce Ve		
Friday	Main Meals	Breaded Fish Fingers	Vegetables	Chips & Baked Beans Ve
		Spiced Squash & Spinach Samosa Ve	Dessert	Apple & Parsnip Cake V
		Pasta with Cheese Sauce V		

Freshly Baked Bread:

Tomato & Herb Bread **V** Wholemeal Bread **V**

Week 2:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October

Week 3

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

Monday	Main Meals	Cumberland Sausages with Mashed Potato & Gravy	Vegetables	Peas Ve
		Vegan Sausages with Mashed Potato & Gravy Ve	Dessert	Apple & Carrot Flapjack Ve
		Pasta with Cheese Sauce V		
Tuesday	Main Meals	Beef Meatballs with Tomato Sauce & Penne Pasta	Vegetables	Steamed Carrots Ve
		Vegetable Chilli with Steamed Rice Ve	Dessert	Chocolate & Beetroot Brownie V
		Jacket Potato with Cheese V		
Wednesday	Main Meals	Sticky Glazed Chicken	Vegetables	Spicy Potato Wedges Ve & Coleslaw V
		Margherita Pizza V	Dessert	Cherry Cornflake Cake V
		Pasta with Tomato & Basil Sauce Ve		
Thursday	Main Meals	Chicken Tikka Masala & Rice	Vegetables	Pan Fried Leeks Ve
		Vegetable Pasta Bake V	Dessert	Vanilla Ice Cream V
		Jacket Potato with Baked Beans Ve		
Friday	Main Meals	Breaded Fish Fingers	Vegetables	Chips & Baked Beans Ve
		Vegetable & Bean Stuffed Pitta Pocket Ve	Dessert	Chocolate Shortbread Biscuit Ve
		Pasta with Tomato & Lentil Sauce Ve		

Freshly Baked Bread:

Garlic & Rosemary Bread **V** Wholemeal Bread **V**

Week 3:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd October



Made Fresh Every Day

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

BM1 Hook
February 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD