

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

Monday

Main Meals

Chicken & Vegetable Paella
Sweetcorn & Courgette Fritter with Side Salad **V**
Pasta with Cheese & Chive Sauce **V**

Vegetables

Peas **Ve**

Dessert

Apple & Cinnamon Sponge with Custard **V**

Tuesday

Main Meals

Spaghetti Bolognese
Squash & Lentil Curry with Steamed Rice **Ve**
Jacket Potato with Cheese **V** or Salmon Mayonnaise

Vegetables

Chinese Cabbage **Ve**

Dessert

Strawberry Cheesecake **V**

Wednesday

Main Meals

Roast Chicken Fillets with Roast Potatoes & Gravy
Vegan Cornish Pasty with Roast Potatoes **Ve**
Pasta with Roasted Tomato & Pepper Sauce **Ve**

Vegetables

Green Cabbage & Carrots **Ve**

Dessert

Chocolate & Courgette Sponge & Chocolate Sauce **V**

Thursday

Main Meals

Cumberland Sausage with Mash & Gravy
Potato Crust Cheese & Tomato Quiche with Side Salad **V**
Jacket Potato with Baked Beans **Ve** or Cheese **V**

Vegetables

Green Beans & Cauliflower **Ve**

Dessert

Fruit Burst Jelly **V**

Friday

Main Meals

Fish Fingers with Oven Baked Chips
Vegetarian Finger Bap with Homemade Ketchup & Side Salad **Ve**
Pasta with Creamy Mushroom Sauce **V**

Vegetables

Baked Beans & Sweetcorn **Ve**

Dessert

Chocolate & Orange Cookie **V**

Freshly Baked Bread:

Pumpkin & Carrot **V** Wholemeal **V**

Week 1:

12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

Monday

Main Meals

Cheesy Leek & Bacon Pasta Bake with a Herby Crust
Tofu Sweet & Sour Mixed Vegetables with Steamed Rice **Ve**
Jacket Potato with Baked Beans **Ve** or Cheese **V**

Vegetables

Green Beans **Ve**

Dessert

Jam Sponge with Custard **V**

Tuesday

Main Meals

Beef & Bean Chilli Con Carne served with Baked Potato
Vegan Chilli Con Carne served with Baked Potato **Ve**
Pasta with Cheese Sauce **V**

Vegetables

Sweetcorn **Ve**

Dessert

Berry Crumble Slice **Ve**

Wednesday

Main Meals

Roast Pork with Roast Potatoes & Gravy
Potato & Leek Frittata **V**
Jacket Potato with Baked Beans **Ve** or Cheese **V**

Vegetables

Roasted Butternut Squash & Kale **Ve**

Dessert

Orange & Poppy Seed Sponge **V**

Thursday

Main Meals

Beef Burger in a Bun with Potato Salad
Lentil & Vegetable Lasagne with Garlic Bread **V**
Pasta with Tomato & Basil Sauce **Ve**

Vegetables

Carrots & Cauliflower **Ve**

Dessert

Cherry Cookie **Ve**

Friday

Main Meals

Fish Fingers with Oven Baked Chips
Vegetable Quarterpounder Burger with Oven Baked Chips **V**
Jacket Potato with Baked Beans **Ve** or Cheese **V**

Vegetables

Baked Beans & Garden Peas **Ve**

Dessert

Vanilla & Sultana Sponge with Custard **V**

Freshly Baked Bread:

Courgette, Oat & Thyme **V** Wholemeal **V**

Week 2:

19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

Monday

Main Meals

Chicken Biryani
Homemade Vegan Burger with Baked Sweet Potato **Ve**
Pasta with Tomato & Vegetable Sauce **Ve**

Vegetables

Broccoli Florets **Ve**

Dessert

Carrot & Apple Flapjack **V**

Tuesday

Main Meals

Beef Lasagne
Carrot & Pea Risotto **Ve**
Jacket Potato with Baked Beans **Ve** Cheese **V**, or Bolognese

Vegetables

Carrots & Peas **Ve**

Dessert

Lemon Drizzle Cake **V**

Wednesday

Main Meals

Roast Turkey with Roast Potatoes & Gravy
Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy **Ve**
Wholewheat Pasta with Cheese & Leek Sauce **V**

Vegetables

Green Cabbage & Roast Carrots **Ve**

Dessert

Banana & Sultana Cake with Custard **V**

Thursday

Main Meals

Creamy Chicken & Vegetables with Pasta
Margherita Pizza with Potato Salad **V**
Jacket Potato with Baked Beans **Ve** or Cheese **V**

Vegetables

Sweetcorn **Ve**

Dessert

Chilled Rice Pudding with Berry Compote **V**

Friday

Main Meals

Fish Fingers with Oven Baked Chips
Vegetable & Lentil Croquette with Oven Baked Chips **Ve**
Pasta with Lentil & Bean Sauce **Ve**

Vegetables

Baked Beans & Garden Peas **Ve**

Dessert

Chocolate & Raisin Shortbread **Ve**

Freshly Baked Bread:

Sunflower, Rosemary & Tomato **V** Wholemeal **V**

Week 3:

26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

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

Available Every Day

Fresh Fruit Platter **Ve**
Fresh Natural Yoghurt with Fruit Puree **V**

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 Tenterden

April 2021

pabulummm
HONESTLY GOOD FOOD