

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

Monday

## Main Meals

Chicken & Pesto Pasta Bake  
Margarita Pizza with Potato Salad V  
Jacket Potato with Baked Beans Ve or Cheese

## Vegetables

Sweetcorn & Green Beans Ve

## Dessert

Cinnamon & Sultana Bread & Butter Pudding with Custard V

Tuesday

## Main Meals

Chicken Korma with Rice  
Vegetable Lasagne V  
Pasta with Tomato & Basil Sauce Ve

## Vegetables

Peas Ve & Coleslaw V

## Dessert

Pear & Berry Crumble Ve with Custard V

Wednesday

## Main Meals

Roast Chicken Fillets in Tomato Sauce with Roast Potatoes  
Chick Pea & Cauliflower Bake with Roast Potatoes Ve  
Wholemeal Pasta with Cheese Sauce V

## Vegetables

Carrots & Cabbage Ve

## Dessert

Waffles with Berry Compote V

Thursday

## Main Meals

Sausages with Mashed Potato & Gravy  
Vegan Mince & Vegetable Pie topped with Mashed Potato Ve  
Jacket Potato with Tuna Mayonnaise or Cheese V

## Vegetables

Broccoli & Sweetcorn Ve

## Dessert

Carrot Cake V

Friday

## Main Meals

Oven Baked Fish Fingers with Oven Baked Chips  
Vegetable Fingers with Oven Baked Chips Ve  
Pasta with Tomato & Basil Sauce Ve

## Vegetables

Baked Beans & Peas Ve

## Dessert

Marble Sponge with Custard V

## Freshly Baked Bread:

Pumpkin & Carrot V Wholemeal V

### Week 1:

1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 3<sup>rd</sup> Jan, 24<sup>th</sup> Jan, 14<sup>th</sup> Feb, 7<sup>th</sup> Mar, 28<sup>th</sup> Mar

## Available Every Day

Fresh Fruit Platter Ve  
Homemade Fruit Yoghurt V

Monday

## Main Meals

Ham & Leek Mac n Cheese with Garlic Bread V  
Vegetable & Bean Stew Ve with Garlic Bread V  
Jacket Potato with Tuna Mayonnaise or Cheese V

## Vegetables

Broccoli Florets & Carrots Ve

## Dessert

Apple & Sultana Crumble Ve with Custard V

Tuesday

## Main Meals

Chicken Fajita with Rice  
Vegetable Fajita with Rice Ve  
Wholemeal Pasta with Cheese Sauce V

## Vegetables

Green Beans & Sweetcorn Ve

## Dessert

Chocolate & Courgette Sponge with Chocolate Sauce V

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Sweet Chilli & Vegetable Stirfry Noodles V  
Jacket Potato with Baked Beans Ve or Cheese V

## Vegetables

Cauliflower & Peas Ve

## Dessert

Orange & Lemon Drizzle Cake V

Thursday

## Main Meals

Traditional Beef Bolognese with Spaghetti  
Spinach, Courgette & Feta Filo Tart with Mashed Potato V  
Pasta with Tomato Sauce Ve

## Vegetables

Carrots & Cabbage Ve

## Dessert

Cherry Cookie Ve

Friday

## Main Meals

Battered Fish Fillets with Oven Baked Chips  
Vegan Bean Burrito with Oven Baked Chips Ve  
Jacket Potato with Baked Beans Ve or Cheese V

## Vegetables

Baked Beans & Peas Ve

## Dessert

Sticky Toffee Pudding with Toffee Sauce V

## Freshly Baked Bread:

Courgette, Oat & Thyme V Wholemeal V

### Week 2:

8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 20<sup>th</sup> Dec, 10<sup>th</sup> Jan, 31<sup>st</sup> Jan, 21<sup>st</sup> Feb, 14<sup>th</sup> Mar, 4<sup>th</sup> Apr

Monday

## Main Meals

Chicken & Vegetable Curry with Rice  
Squash & Butterbean Curry Ve with Naan Bread V  
Pasta with Tomato & Basil Sauce Ve

## Vegetables

Peas & Cauliflower Ve

## Dessert

Coconut & Orange Cookie V

Tuesday

## Main Meals

Beef Lasagne  
Butternut Squash Tagine with Cous Cous Ve  
Jacket Potato with Tuna Mayonnaise or Cheese V

## Vegetables

Sweetcorn & Carrots Ve

## Dessert

Banana Flapjack Ve

Wednesday

## Main Meals

Herby Roast Chicken Fillets with Roast Potatoes & Gravy  
Vegan Sausage Loaf with Roast Potatoes & Gravy Ve  
Wholemeal Pasta with Creamy Salmon or Cheese Sauce V

## Vegetables

Green Cabbage & Roasted Root Vegetables Ve

## Dessert

Maryland Sultana Cookie V

Thursday

## Main Meals

Sweet Potato Topped Cottage Pie  
Roasted Ratatouille Pasta Bake V  
Jacket Potato with Baked Beans Ve or Cheese V

## Vegetables

Green Beans & Carrots Ve

## Dessert

Vanilla Shortbread Ve with Homemade Lemon Curd V

Friday

## Main Meals

Oven Baked Fish Fingers with Oven Baked Chips  
Spinach & Tomato Pastry Pocket with Oven Baked Chips V  
Pasta with Cheese Sauce V

## Vegetables

Baked Beans & Peas Ve

## Dessert

Chocolate & Beetroot Brownie V

## Freshly Baked Bread:

Sunflower, Rosemary & Tomato V Wholemeal V

### Week 3:

15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 27<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

## 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.

BM1Tent/Rolve

November 2021

**pabulummm**  
HONESTLY GOOD FOOD

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians  
All products are subject to availability.