

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

<b>Monday</b>	<b>Main Meals</b> Sausage (G,SU) & Mash with Onion Gravy Tex Mex Vegetarian Sausage Hot Pot (G) <b>Ve</b> Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	<b>Vegetables</b> Sweetcorn & Peas <b>Ve</b> <b>Dessert</b> Vanilla Ice Cream (MK) with Fruit Compote <b>V</b>
	<b>Cold Sandwich</b> Chicken Mayo Baguette (G,E,so) Egg Mayo & Cucumber Bloomer (G,E) <b>V</b> Ham Sandwich (G,SO)	
	<b>Main Meals</b> Honey Soy & Ginger Chicken (G,SO) with Egg Noodles (G,E) Vegetable Jambalaya (g) <b>Ve</b> Jacket Potato with Baked Beans <b>Ve</b>	<b>Vegetables</b> Cauliflower & Green Beans <b>Ve</b> <b>Dessert</b> Fruit Burst Jelly <b>Ve</b>
<b>Cold Sandwich</b> Ham Salad Baguette (G,so) Sweet Potato & Bean Wrap (G) <b>Ve</b> Cheese Sandwich (G,SO,MK) <b>V</b>		
<b>Tuesday</b>	<b>Main Meals</b> Honey Roast Gammon with Roast Potatoes & Gravy BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy <b>Ve</b> Wholegrain Pasta (G) with Tomato Sauce (C) <b>Ve</b>	<b>Vegetables</b> Seasonal Greens & Carrots <b>Ve</b> <b>Dessert</b> Apple & Oaty Topped Crumble (G) <b>Ve</b> with Custard (MK) <b>V</b>
	<b>Cold Sandwich</b> Tuna & Sweetcorn Baguette (G,E,F,so) Cheese & Tomato Bloomer (G,MK) <b>V</b> Egg Mayo Sandwich (G,E,SO) <b>V</b>	
	<b>Main Meals</b> Beef & Bean Chilli (C,g) with Rice Vegan Chilli Con Carne (SO,C,g) with Rice <b>Ve</b> Jacket Potato with Cheese (MK) <b>V</b>	<b>Vegetables</b> Broccoli & Sweetcorn <b>Ve</b> <b>Dessert</b> Chocolate & Beetroot Brownie (G,E) <b>V</b>
<b>Cold Sandwich</b> Ham Salad Bloomer (G) Sweet Chilli Cheese & Spinach Wrap (G,MK) <b>V</b> Tuna Mayo Sandwich (G,E,F,SO)		
<b>Wednesday</b>	<b>Main Meals</b> Fish Fingers (G,F) with Oven Baked Chips Vegetable Burrito Wrap (G,SO) <b>Ve</b> Pasta (G) with Tomato Sauce (C) <b>Ve</b>	<b>Vegetables</b> Baked Beans & Peas <b>Ve</b> <b>Dessert</b> Maryland Cookie (G,mk) <b>V</b>
	<b>Cold Sandwich</b> Roasted Vegetable & Houmous Baguette (G,SU,so) <b>Ve</b> Cheese Salad Wrap (G,MK) <b>V</b> Ham Sandwich (G,SO)	
	<b>Main Meals</b> Chicken Fajita with a Wrap (G) BBQ Pulled Carrot & Vegetable Taco (g) <b>Ve</b> Jacket Potato with Tuna Mayonnaise (F,E) or Baked Beans <b>Ve</b>	<b>Vegetables</b> Sweetcorn <b>Ve</b> & Coleslaw (E) <b>V</b> <b>Dessert</b> Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) <b>V</b>
<b>Cold Sandwich</b> Egg Mayo & Cucumber Bloomer (G,E) <b>V</b> Ham Salad Wrap (G) Cheese Sandwich (G,SO,MK) <b>V</b>		
<b>Thursday</b>	<b>Main Meals</b> Roast Chicken with Roast Potatoes & Gravy Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy <b>V</b> Pasta (G) with Tomato Sauce (C) <b>Ve</b>	<b>Vegetables</b> Seasonal Greens & Carrots <b>Ve</b> <b>Dessert</b> Banana Flapjack (G) <b>Ve</b>
	<b>Cold Sandwich</b> Roasted Vegetable & Houmous Bloomer (G,SU) <b>Ve</b> Cheese Salad Wrap (G,MK) <b>V</b> Egg Mayo Sandwich (G,E,SO) <b>V</b>	
	<b>Main Meals</b> Beef Burger in a Pitta Bread (G) Homemade Vegan Burger (g) in a Pitta Bread (G) <b>Ve</b> Jacket Potato with Baked Beans <b>Ve</b>	<b>Vegetables</b> Broccoli & Sweetcorn <b>Ve</b> <b>Dessert</b> Apple & Parsnip Sponge (G,E) <b>V</b>
<b>Cold Sandwich</b> Egg Mayo & Cucumber Bloomer (G,E) <b>V</b> Chicken Mayo Baguette (G,E,so) Cheese Sandwich (G,SO,MK) <b>V</b>		
<b>Friday</b>	<b>Main Meals</b> Battered Fish (G,F) with Oven Baked Chips Margherita Pizza (G,MK) <b>V</b> Pasta (G) with Roasted Tomato Sauce <b>Ve</b>	<b>Vegetables</b> Baked Beans & Peas <b>Ve</b> <b>Dessert</b> Vanilla Ice Cream (MK) with Peach Compote <b>V</b>
	<b>Cold Sandwich</b> Sweet Chilli Cheese & Spinach Wrap (G,MK) <b>V</b> Ham Salad Baguette (G,so) Egg Mayo Sandwich (G,E,SO) <b>V</b>	
	<b>Main Meals</b> Fish Fingers (G,F) with Oven Baked Chips BBQ Vegetable Quesadillas (G,MK) <b>V</b> Pasta (G) with Tomato Sauce (C) <b>Ve</b>	<b>Vegetables</b> Baked Beans & Peas <b>Ve</b> <b>Dessert</b> Chocolate Mousse (MK) <b>V</b>
<b>Cold Sandwich</b> Ham Salad Bloomer (G) Cream Cheese & Cucumber Folded Flatbread (G,MK) <b>V</b> Cheese Sandwich (G,SO,MK) <b>V</b>		
<b>Freshly Baked Bread:</b> Garlic & Herb Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		
<b>Week 1:</b> 1 <sup>st</sup> September, 19 <sup>th</sup> September, 10 <sup>th</sup> October, 31 <sup>st</sup> October, 21 <sup>st</sup> November, 12 <sup>th</sup> December		

<b>Monday</b>	<b>Main Meals</b> Chicken Fajita with a Wrap (G) BBQ Pulled Carrot & Vegetable Taco (g) <b>Ve</b> Jacket Potato with Tuna Mayonnaise (F,E) or Baked Beans <b>Ve</b>	<b>Vegetables</b> Sweetcorn <b>Ve</b> & Coleslaw (E) <b>V</b> <b>Dessert</b> Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) <b>V</b>
	<b>Cold Sandwich</b> Egg Mayo & Cucumber Bloomer (G,E) <b>V</b> Ham Salad Wrap (G) Cheese Sandwich (G,SO,MK) <b>V</b>	
	<b>Main Meals</b> Sweet & Sour Chicken (G,C) with Steamed Rice Sweet & Sour Vegetables (G,C) with Steamed Rice <b>Ve</b> Wholegrain Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	<b>Vegetables</b> Cauliflower & Peas <b>Ve</b> <b>Dessert</b> Oat & Cherry Cookie (G,SU) <b>Ve</b>
<b>Cold Sandwich</b> Roasted Vegetable & Houmous Bloomer (G,SU) <b>Ve</b> Cheese Salad Wrap (G,MK) <b>V</b> Egg Mayo Sandwich (G,E,SO) <b>V</b>		
<b>Tuesday</b>	<b>Main Meals</b> Roast Chicken with Roast Potatoes & Gravy Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy <b>V</b> Pasta (G) with Tomato Sauce (C) <b>Ve</b>	<b>Vegetables</b> Seasonal Greens & Carrots <b>Ve</b> <b>Dessert</b> Banana Flapjack (G) <b>Ve</b>
	<b>Cold Sandwich</b> Roasted Vegetable & Houmous Bloomer (G,SU) <b>Ve</b> Cheese Salad Wrap (G,MK) <b>V</b> Egg Mayo Sandwich (G,E,SO) <b>V</b>	
	<b>Main Meals</b> Beef Burger in a Pitta Bread (G) Homemade Vegan Burger (g) in a Pitta Bread (G) <b>Ve</b> Jacket Potato with Baked Beans <b>Ve</b>	<b>Vegetables</b> Broccoli & Sweetcorn <b>Ve</b> <b>Dessert</b> Apple & Parsnip Sponge (G,E) <b>V</b>
<b>Cold Sandwich</b> Egg Mayo & Cucumber Bloomer (G,E) <b>V</b> Chicken Mayo Baguette (G,E,so) Cheese Sandwich (G,SO,MK) <b>V</b>		
<b>Wednesday</b>	<b>Main Meals</b> Battered Fish (G,F) with Oven Baked Chips Margherita Pizza (G,MK) <b>V</b> Pasta (G) with Roasted Tomato Sauce <b>Ve</b>	<b>Vegetables</b> Baked Beans & Peas <b>Ve</b> <b>Dessert</b> Vanilla Ice Cream (MK) with Peach Compote <b>V</b>
	<b>Cold Sandwich</b> Sweet Chilli Cheese & Spinach Wrap (G,MK) <b>V</b> Ham Salad Baguette (G,so) Egg Mayo Sandwich (G,E,SO) <b>V</b>	
	<b>Main Meals</b> Fish Fingers (G,F) with Oven Baked Chips BBQ Vegetable Quesadillas (G,MK) <b>V</b> Pasta (G) with Tomato Sauce (C) <b>Ve</b>	<b>Vegetables</b> Baked Beans & Peas <b>Ve</b> <b>Dessert</b> Chocolate Mousse (MK) <b>V</b>
<b>Cold Sandwich</b> Ham Salad Bloomer (G) Cream Cheese & Cucumber Folded Flatbread (G,MK) <b>V</b> Cheese Sandwich (G,SO,MK) <b>V</b>		
<b>Freshly Baked Bread:</b> Carrot & Thyme Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		
<b>Week 2:</b> 5 <sup>th</sup> September, 26 <sup>th</sup> September, 17 <sup>th</sup> October, 7 <sup>th</sup> November, 28 <sup>th</sup> November		

<b>Monday</b>	<b>Main Meals</b> Cottage Pie topped with Sliced Sweet Potato (SU) Macaroni & Cheese (G,MK) <b>V</b> Jacket Potato with Baked Beans <b>Ve</b>	<b>Vegetables</b> Peas & Carrots <b>Ve</b> <b>Dessert</b> Sticky Banana Bread (G,SO,MK,e) <b>V</b>
	<b>Cold Sandwich</b> Ham Salad Wrap (G) Cheese & Tomato Bloomer (G,MK) <b>V</b> Egg Mayo Sandwich (G,E,SO) <b>V</b>	
	<b>Main Meals</b> Mild Chicken & Vegetable Curry (MU) with Steamed Rice Thai Vegetable Green Curry (C) with Steamed Rice <b>Ve</b> Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans <b>Ve</b>	<b>Vegetables</b> Cauliflower & Broccoli <b>Ve</b> <b>Dessert</b> Chocolate Shortbread (G) <b>Ve</b>
<b>Cold Sandwich</b> Tuna & Sweetcorn Baguette (G,E,F,so) Sweet Potato & Bean Wrap (G) <b>Ve</b> Cheese Sandwich (G,SO,MK) <b>V</b>		
<b>Tuesday</b>	<b>Main Meals</b> Roast Turkey with Roast Potatoes & Gravy Roasted Ratatouille with Crumble (G) <b>Ve</b> Wholegrain Pasta (G) with Cheese Sauce (G,MK) <b>V</b>	<b>Vegetables</b> Seasonal Greens & Mashed Swede <b>Ve</b> <b>Dessert</b> Mandarin Jelly <b>Ve</b>
	<b>Cold Sandwich</b> Egg Mayo & Cucumber Bloomer (G,E) <b>V</b> Cheese Salad Wrap (G,MK) <b>V</b> Tuna Mayo Sandwich (G,E,F,SO)	
	<b>Main Meals</b> Beef Lasagne (G,MK,e) Vegetable Lasagne (G,MK,e) <b>V</b> Jacket Potato with Baked Beans <b>Ve</b>	<b>Vegetables</b> Sweetcorn <b>Ve</b> & Coleslaw (E) <b>V</b> <b>Dessert</b> Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) <b>V</b>
<b>Cold Sandwich</b> Chicken Mayo Baguette (G,E,so) Sweet Chilli Cheese & Spinach Wrap (G,MK) <b>V</b> Ham Sandwich (G,SO)		
<b>Wednesday</b>	<b>Main Meals</b> Fish Fingers (G,F) with Oven Baked Chips BBQ Vegetable Quesadillas (G,MK) <b>V</b> Pasta (G) with Tomato Sauce (C) <b>Ve</b>	<b>Vegetables</b> Baked Beans & Peas <b>Ve</b> <b>Dessert</b> Chocolate Mousse (MK) <b>V</b>
	<b>Cold Sandwich</b> Ham Salad Bloomer (G) Cream Cheese & Cucumber Folded Flatbread (G,MK) <b>V</b> Cheese Sandwich (G,SO,MK) <b>V</b>	
	<b>Main Meals</b> Fish Fingers (G,F) with Oven Baked Chips BBQ Vegetable Quesadillas (G,MK) <b>V</b> Pasta (G) with Tomato Sauce (C) <b>Ve</b>	<b>Vegetables</b> Baked Beans & Peas <b>Ve</b> <b>Dessert</b> Chocolate Mousse (MK) <b>V</b>
<b>Cold Sandwich</b> Ham Salad Bloomer (G) Cream Cheese & Cucumber Folded Flatbread (G,MK) <b>V</b> Cheese Sandwich (G,SO,MK) <b>V</b>		
<b>Freshly Baked Bread:</b> Tomato & Herb Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>		
<b>Week 3:</b> 12 <sup>th</sup> September, 3 <sup>rd</sup> October, 24 <sup>th</sup> October, 14 <sup>th</sup> November, 5 <sup>th</sup> December		

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

**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)

**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 Cleves  
Available Every Day  
Fresh Fruit Platter **Ve**  
Homemade Fruit Yoghurt (SO,MK) **V**

September 2022

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