

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

## Week 1

<b>Monday</b>	<b>Main Meals</b> Ham & Pineapple Pizza Margherita Pizza V Jacket Potato with Baked Beans Ve	<b>Vegetables</b> Sweetcorn Ve
	<b>Sandwiches</b> Chicken Mayonnaise Baguette Cheese Salad Wrap V	<b>Dessert</b> Chocolate Rice Krispie Cake V
<b>Tuesday</b>	<b>Main Meals</b> Beef Lasagne Vegetable Lasagne V Jacket Potato with Cheese V	<b>Vegetables</b> Peas Ve
	<b>Sandwiches</b> Ham Sandwich Cheese & Tomato Bloomer V	<b>Dessert</b> Carrot Cake V
<b>Wednesday</b>	<b>Main Meals</b> Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese V Jacket Potato with Salmon Mayonnaise	<b>Vegetables</b> Seasonal Greens Ve
	<b>Sandwiches</b> Tuna Sweetcorn Baguette Cheese Sandwich V	<b>Dessert</b> Vanilla Ice Cream V
<b>Thursday</b>	<b>Main Meals</b> Chicken Fajita Wrap Vegetable & Bean Burrito Ve Pasta with Roasted Tomato & Basil Sauce Ve	<b>Vegetables</b> Steamed Carrots Ve
	<b>Sandwiches</b> Tuna Mayo Sandwich Cheese Salad Wrap V	<b>Dessert</b> Maryland Cookie V
<b>Friday</b>	<b>Main Meals</b> Breaded Fish Fingers Vegetable & Bean Chimichangas V Pasta with Cheese Sauce V	<b>Vegetables</b> Chips & Baked Beans Ve
	<b>Sandwiches</b> Ham Sandwich Egg Mayo Baguette V	<b>Dessert</b> Chocolate & Courgette Sponge V

### Freshly Baked Bread:

Pesto Bread V Wholemeal Bread V

### Week 1:

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

<b>Monday</b>	<b>Main Meals</b> Beef Bolognese with Spaghetti Vegan Bolognese with Spaghetti Ve Wholewheat Pasta with Arrabiatta Sauce Ve	<b>Vegetables</b> Carrot Sticks Ve
	<b>Sandwiches</b> Cheese Sandwich V Ham Salad Wrap	<b>Dessert</b> Lemon Drizzle Sponge V
<b>Tuesday</b>	<b>Main Meals</b> Beef Chilli & Steamed Rice Vegetable Fajita Wrap Ve Jacket Potato with Cheese V	<b>Vegetables</b> Sweetcorn Ve
	<b>Sandwiches</b> Egg Mayonnaise Sandwich V Cheese Salad Wrap V	<b>Dessert</b> Flapjack Ve
<b>Wednesday</b>	<b>Main Meals</b> Honey Roast Gammon with Roast Potatoes & Gravy Ratatouille Pasta Bake Ve Jacket Potato with Baked Beans Ve	<b>Vegetables</b> Pan Fried Leeks Ve
	<b>Sandwiches</b> Cheese & Tomato Bloomer V Ham Sandwich	<b>Dessert</b> Orange Shortbread Biscuit Ve
<b>Thursday</b>	<b>Main Meals</b> Chicken Tikka Masala & Rice Vegetable Pasanda with Rice Ve Pasta with Tomato & Vegetable Sauce Ve	<b>Vegetables</b> Broccoli Ve
	<b>Sandwiches</b> Cheese Sandwich V Chicken Mayonnaise Baguette	<b>Dessert</b> Apple Crumble Ve with Custard V
<b>Friday</b>	<b>Main Meals</b> Breaded Fish Fingers Spiced Squash & Spinach Samosa Ve Pasta with Cheese Sauce V	<b>Vegetables</b> Chips & Baked Beans Ve
	<b>Sandwiches</b> Egg Mayonnaise Sandwich V Ham Salad Baguette	<b>Dessert</b> Apple & Parsnip Cake V

### Freshly Baked Bread:

Tomato & Herb Bread V Wholemeal Bread V

### Week 2:

27<sup>th</sup> February, 20<sup>th</sup> March, 10<sup>th</sup> April, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> 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.

## Week 3

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

<b>Monday</b>	<b>Main Meals</b> Cumberland Sausages with Mashed Potato & Gravy Vegan Sausages with Mashed Potato & Gravy Ve Pasta with Cheese Sauce V	<b>Vegetables</b> Peas Ve
	<b>Sandwiches</b> Ham Salad Wrap Cheese & Tomato Bloomer V	<b>Dessert</b> Apple & Carrot Flapjack Ve
<b>Tuesday</b>	<b>Main Meals</b> Beef Meatballs with Tomato Sauce & Penne Pasta Vegetable Chilli with Steamed Rice Ve Jacket Potato with Cheese V	<b>Vegetables</b> Steamed Carrots Ve
	<b>Sandwiches</b> Tuna Sweetcorn Baguette Cheese Sandwich V	<b>Dessert</b> Chocolate & Beetroot Brownie V
<b>Wednesday</b>	<b>Main Meals</b> Sticky Glazed Chicken Margherita Pizza V Pasta with Tomato & Basil Sauce Ve	<b>Vegetables</b> Spicy Potato Wedges Ve & Coleslaw V
	<b>Sandwiches</b> Tuna Mayonnaise Sandwich Cheese Salad Wrap V	<b>Dessert</b> Cherry Cornflake Cake V
<b>Thursday</b>	<b>Main Meals</b> Creamy Pesto Chicken with Fusilli Pasta Vegetable Pasta Bake V Jacket Potato with Baked Beans Ve	<b>Vegetables</b> Pan Fried Leeks Ve
	<b>Sandwiches</b> Chicken Mayonnaise Baguette Ham Sandwich	<b>Dessert</b> Vanilla Ice Cream V
<b>Friday</b>	<b>Main Meals</b> Breaded Fish Fingers Vegetable & Bean Stuffed Pitta Pocket Ve Pasta with Tomato & Lentil Sauce Ve	<b>Vegetables</b> Chips & Baked Beans Ve
	<b>Sandwiches</b> Ham Salad Bloomer Cheese Sandwich V	<b>Dessert</b> Chocolate Shortbread Biscuit Ve

### Freshly Baked Bread:

Garlic & Rosemary Bread V Wholemeal Bread V

### Week 3:

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

BM1 Cleves  
February 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

