

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

Week 1

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

Week 1:
28th August, 18th September, 9th October, 30th October, 20th November,
11th December

Week 2

Monday	Main Meals Beef Burger in a Bun with Baked Jacket Wedges Vegetable Burger in a Bun with Baked Jacket Wedges Ve Wholewheat Pasta with Arrabiatta Sauce Ve	Served with Carrot Sticks Ve
	Sandwiches Cheese Sandwich V Ham Salad Wrap	Dessert Lemon Drizzle Sponge V
Tuesday	Main Meals Sweet & Sour Pork with Rice Vegetable Biryani Ve Jacket Potato with Cheese V	Served with Sweetcorn Ve
	Sandwiches Egg Mayonnaise Sandwich V Cheese Salad Wrap V	Dessert Flapjack Ve
Wednesday	Main Meals Honey Roast Gammon with Roast Potatoes & Gravy Vegetable Pasta Bake V Jacket Potato with Baked Beans Ve	Served with Pan Fried Leeks Ve
	Sandwiches Cheese & Tomato Bloomer V Ham Sandwich	Dessert Orange Shortbread Biscuit Ve
Thursday	Main Meals Chicken Tikka Masala & Rice Vegetable Pasanda with Rice Ve Pasta with Tomato & Vegetable Sauce Ve	Served with Broccoli Ve
	Sandwiches Cheese Sandwich V Chicken Mayonnaise Baguette	Dessert Apple Crumble Ve with Custard V
Friday	Main Meals Breaded Fish Fingers Spiced Squash & Spinach Samosa Ve Pasta with Cheese Sauce V	Served with Chips & Baked Beans Ve
	Sandwiches Egg Mayonnaise Sandwich V Ham Salad Baguette	Dessert Apple & Parsnip Cake V
Freshly Baked Bread: Tomato & Herb Bread V Wholemeal Bread V		

Week 2:
4th September, 25th September, 16th October, 6th November, 27th November
18th December

Week 3

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

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

Week 3:
11th September, 2nd October, 23rd October, 13th November, 4th December

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.

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

