

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

Monday

Main Meals

Sausage & Mash with Onion Gravy
Tex Mex Vegetarian Sausage Hot Pot (G) **Ve**

Pasta with Cheese Sauce **V**

Cold Sandwich

Chicken Mayo Baguette
Ham Sandwich

Vegetables

Sweetcorn & Peas **Ve**

Dessert

Vanilla Ice Cream with Fruit
Compote **V**

Tuesday

Main Meals

Honey Soy & Ginger Chicken with Egg Noodles
Vegetable Jambalaya **Ve**

Jacket Potato with Baked Beans **Ve**

Cold Sandwich

Ham Salad Baguette
Cheese Sandwich **V**

Vegetables

Cauliflower & Green
Beans **Ve**

Dessert

Fruit Burst Jelly **Ve**

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy
BBQ Roast Sweet Potato & Bean Loaf with Roast Potatoes
& Gravy **Ve**

Wholegrain Pasta with Tomato Sauce **Ve**

Cold Sandwich

Tuna & Sweetcorn Baguette
Cheese & Tomato Bloomer **V**

Vegetables

Seasonal Greens & Carrots
Ve

Dessert

Apple & Oaty Topped
Crumble **Ve** with Custard **V**

Thursday

Main Meals

Beef & Bean Chilli with Rice
Vegan Chilli Con Carne with Rice **Ve**

Jacket Potato with Cheese **V**

Cold Sandwich

Ham Salad Bloomer
Tuna Mayo Sandwich

Vegetables

Broccoli & Sweetcorn **Ve**

Dessert

Chocolate & Beetroot
Brownie **V**

Friday

Main Meals

Fish Fingers with Oven Baked Chips
Vegetable Burrito Wrap **Ve**

Pasta with Tomato Sauce **Ve**

Cold Sandwich

Cheese Salad Wrap **V**
Ham Sandwich

Vegetables

Baked Beans & Peas **Ve**

Dessert

Maryland Cookie **V**

Freshly Baked Bread: Garlic & Herb Bread **V** Wholemeal Bread **V**

Week 1:

29th August, 19th September, 10th October, 31st October, 21st November,
12th December, 2nd January, 23rd January, 13th February

Monday

Main Meals

Chicken Fajita with a Wrap
BBQ Pulled Carrot & Vegetable Taco **Ve**

Jacket Potato with Tuna Mayonnaise or Baked Beans **Ve**

Cold Sandwich

Ham Salad Wrap
Cheese Sandwich **V**

Vegetables

Sweetcorn **Ve** & Coleslaw **V**

Dessert

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

Tuesday

Main Meals

Sweet & Sour Chicken with Steamed Rice
Sweet & Sour Vegetables with Steamed Rice **Ve**

Wholegrain Pasta with Cheese Sauce **V**

Cold Sandwich

Cheese Salad Wrap **V**
Egg Mayo Sandwich **V**

Vegetables

Cauliflower & Peas **Ve**

Dessert

Oat & Cherry Cookie **Ve**

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Cauliflower & Cheese Bake with Roast Potatoes & Gravy **V**

Pasta with Tomato Sauce **Ve**

Cold Sandwich

Cheese & Tomato Bloomer **V**
Ham Sandwich

Vegetables

Seasonal Greens & Carrots **Ve**

Dessert

Banana Flapjack **Ve**

Thursday

Main Meals

Beef Burger in a Pitta Bread
Homemade Vegan Burger in a Pitta Bread **Ve**

Jacket Potato with Baked Beans **Ve**

Cold Sandwich

Chicken Mayo Baguette
Cheese Sandwich **V**

Vegetables

Broccoli & Sweetcorn **Ve**

Dessert

Apple & Parsnip Sponge **V**

Friday

Main Meals

Battered Fish with Oven Baked Chips
Margherita Pizza **V**

Pasta with Roasted Tomato Sauce **Ve**

Cold Sandwich

Ham Salad Baguette
Egg Mayo Sandwich **V**

Vegetables

Baked Beans & Peas **Ve**

Dessert

Vanilla Ice Cream with Peach
Compote **V**

Freshly Baked Bread: Carrot & Thyme Bread **V** Wholemeal Bread **V**

Week 2:

5th September, 26th September, 17th October, 7th November, 28th November,
19th December, 9th January, 30th January, 20th February

Monday

Main Meals

Cottage Pie topped with Sliced Sweet Potato
Macaroni & Cheese **V**

Jacket Potato with Baked Beans **Ve**

Cold Sandwich

Ham Salad Wrap
Cheese & Tomato Bloomer **V**

Vegetables

Peas & Carrots **Ve**

Dessert

Sticky Banana Bread **V**

Tuesday

Main Meals

Mild Chicken & Vegetable Curry with Steamed Rice
Thai Vegetable Green Curry with Steamed Rice **Ve**

Jacket Potato with Salmon Mayonnaise or Baked
Beans **Ve**

Cold Sandwich

Tuna & Sweetcorn Baguette
Cheese Sandwich **V**

Vegetables

Cauliflower & Broccoli **Ve**

Dessert

Chocolate Shortbread **Ve**

Wednesday

Main Meals

Roast Turkey with Roast Potatoes & Gravy
Roasted Ratatouille with Crumble **Ve**

Wholegrain Pasta with Cheese Sauce **V**

Cold Sandwich

Cheese Salad Wrap **V**
Tuna Mayo Sandwich

Vegetables

Seasonal Greens & Mashed
Swede **Ve**

Dessert

Mandarin Jelly **Ve**

Thursday

Main Meals

Beef Lasagne
Vegetable Lasagne **V**

Jacket Potato with Baked Beans **Ve**

Cold Sandwich

Chicken Mayo Baguette
Ham Sandwich

Vegetables

Sweetcorn **Ve**
& Coleslaw **V**

Dessert

Jammy Bread & Butter Pudding
with Custard **V**

Friday

Main Meals

Fish Fingers with Oven Baked Chips
BBQ Vegetable Quesadillas **V**

Pasta with Tomato Sauce **Ve**

Cold Sandwich

Ham Salad Bloomer
Cheese Sandwich **V**

Vegetables

Baked Beans
& Peas **Ve**

Dessert

Chocolate Mousse **V**

Freshly Baked Bread: Tomato & Herb Bread **V** Wholemeal Bread **V**

Week 3:

12th September, 3rd October, 24th October, 14th November, 5th December,
16th January, 6th February, 27th February

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

Allergen Key -
CAPITAL LETTERS = contains, lower case = may contain
Celery and Celeriac, Crustaceans/Shellfish, Eggs, Fish, Gluten, Lupin,
Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya and Soya
products, Sulphites

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 **V**

September 2022

pabulummm
HONESTLY GOOD FOOD