

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

Week 1

Monday

Main Meals
Lamb Bolognaise with Spaghetti
Halal Lamb Bolognaise with Spaghetti
3 Veg Macaroni Cheese
Pasta with Tomato & Basil Sauce

Served With
Baked Beans & Peas
Dessert
Chocolate & Sweet Potato Brownie

Tuesday

Main Meals
Chicken & Bean Chilli with Steamed Rice
Halal Chicken & Bean Chilli with Steamed Rice
Vegan Bean Chilli with Steamed Rice
Jacket Potato with Baked Beans

Served With
Sweetcorn & Broccoli
Dessert
Courgette & Oat Cookie

Wednesday

Main Meals
Herby Roast Chicken Fillets with Gravy
Halal Herby Roast Chicken Fillets with Gravy
Vegan Squash, Sweet Potato & Bean Hot Pot
Pasta with Tomato & Basil Sauce

Served With
Roast Potatoes, Seasonal Greens & Carrots
Dessert
Vanilla Ice Cream

Thursday

Main Meals
BBQ Chicken Pizza with Baked Wedges
Halal BBQ Chicken Pizza with Baked Wedges
Margherita Pizza with Baked Wedges
Jacket Potato with Cheddar Cheese

Served With
Cauliflower & Roasted Carrots
Dessert
Apple & Parsnip Sponge

Friday

Main Meals
Fish Fingers, Chips & Ketchup
Vegan Vegetable Fingers, Chips & Ketchup
Pasta with Tomato & Basil Sauce

Served With
Baked Beans & Peas
Dessert
Fruit Jelly

Freshly Baked Bread:
Tomato & Rosemary or Wholemeal Bread

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

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, Yoghurt or Jelly

Week 2

Monday

Main Meals
Chicken & Vegetable Penne Pasta Bake
Halal Chicken & Vegetable Penne Pasta Bake
Vegan Bolognaise with Spaghetti
Jacket Potato with Baked Beans

Served With
Cauliflower & Green Beans
Dessert
Maryland Cookie

Tuesday

Main Meals
Caribbean Chicken & Sweet Potato Curry with Steamed Rice
Halal Caribbean Chicken & Sweet Potato Curry with Steamed Rice
Vegan Spiced Squash & Potato Samosa
Pasta with Squash & Tomato Sauce

Served With
Carrots & Peas
Dessert
Carrot & Apple Flapjack

Wednesday

Main Meals
Roast Chicken with Gravy
Halal Roast Chicken with Gravy
Vegan Bombay Chickpea Burrito
Pasta with Squash & Tomato Sauce

Served With
Roast Potatoes, Seasonal Greens & Carrots
Dessert
Banana & Cinnamon Sponge

Thursday

Main Meals
Paprika Spiced Chicken & Sweetcorn Pizza with Baked Wedges
Halal Paprika Spiced Chicken & Sweetcorn Pizza with Baked Wedges
Margherita Pizza with Baked Wedges
Jacket Potato with Cheddar Cheese

Served With
Broccoli & Sweetcorn
Dessert
Cherry Shortbread

Friday

Main Meals
Fish Fingers, Chips & Ketchup
Vegan Boston BBQ 3 Bean Stew with Baked Jackets
Pasta with Squash & Tomato Sauce

Served With
Baked Beans & Peas
Dessert
Vanilla Ice Cream

Freshly Baked Bread:
Beetroot & Herb or Wholemeal Bread

Week 2: 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

Week 3

Monday

Main Meals
Soy, Honey Chicken & Vegetable Stir Fry with Egg Noodles
Halal Soy, Honey Chicken & Vegetable Stir Fry with Egg Noodles
Vegan Vegetable Jambalaya
Pasta with Tomato & Vegetable Sauce

Served With
Classic Coleslaw & Sweetcorn
Dessert
Cinnamon Apple Crumble with Custard

Tuesday

Main Meals
Sweet & Sour Chicken with Steamed Rice
Halal Sweet & Sour Chicken with Steamed Rice
Vegan Aubergine & Courgette Tagine with Cous Cous
Jacket Potato with Baked Beans

Served With
Broccoli & Cauliflower
Dessert
Sultana & Oat Cookie

Wednesday

Main Meals
Lemon & Thyme Roast Chicken with Gravy
Halal Lemon & Thyme Roast Chicken with Gravy
Vegan Country Vegetable & Bean Pie
Pasta with Tomato & Vegetable Sauce

Served With
Roast Potatoes, Seasonal Greens & Carrots
Dessert
Fruit Jelly

Thursday

Main Meals
Chicken Tikka Pizza with Baked Wedges
Halal Chicken Tikka Pizza with Baked Wedges
Margherita Pizza with Baked Wedges
Jacket Potato with Salmon Mayonnaise or Baked Beans

Served With
Cauliflower & Roasted Carrots
Dessert
Orange Drizzle Cake

Friday

Main Meals
Fish Fingers, Chips & Ketchup
Mexican Roasted Vegetable & Bean Quesadilla
Wholewheat Pasta with Tomato & Vegetable Sauce

Served With
Baked Beans & Peas
Dessert
Chocolate & Courgette Rice Krispie Cake

Freshly Baked Bread:
Pesto & Garlic or Wholemeal Bread

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

BM3HalaNonGordon
Jan 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

