

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

Week 1

Monday

Main Meals

Chicken Fajita Wrap
Halal Chicken Fajita Wrap
Vegetable & Bean Burrito Ve

Jacket Potato with Baked Beans Ve

Vegetables

Sweetcorn Ve

Dessert

Chocolate Rice Krispie Cake V

Tuesday

Main Meals

Lamb Bolognese with Spaghetti
Halal Lamb Bolognese with Spaghetti
Vegan Bolognese with Spaghetti Ve

Jacket Potato with Cheese V

Vegetables

Peas Ve

Dessert

Carrot Cake V

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Halal Roast Chicken with Roast Potatoes & Gravy
Macaroni & Cheese V

Jacket Potato with Salmon Mayonnaise

Vegetables

Seasonal Greens Ve

Dessert

Vanilla Ice Cream V

Thursday

Main Meals

BBQ Chicken Pizza with Baked Jacket Wedges
Halal BBQ Chicken Pizza with Baked Jacket Wedges
Margherita Pizza with Baked Jacket Wedges V

Pasta with Roasted Tomato & Basil Sauce Ve

Vegetables

Steamed Carrots Ve

Dessert

Maryland Cookie V

Friday

Main Meals

Breaded Fish Fingers
Vegetable & Bean Chimichangas V

Pasta with Cheese Sauce V

Vegetables

Chips & Baked Beans Ve

Dessert

Chocolate & Courgette Sponge V

Freshly Baked Bread: Pesto Bread V Wholemeal Bread V

Week 1:

9th October, 30th October, 20th November, 11th 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

Week 2

Monday

Main Meals

Chicken & Sweetcorn Meatball Sub Roll with Baked Jacket Wedges
Halal Chicken & Sweetcorn Meatball Sub Roll with Baked Jacket Wedges
Vegetable Burger in a Bun with Baked Jacket Wedges Ve
Wholewheat Pasta with Arrabiatta Sauce Ve

Vegetables

Carrot Sticks Ve

Dessert

Lemon Drizzle Sponge V

Tuesday

Main Meals

Lamb Lasagne
Halal Lamb Lasagne
Vegetable Fajita Wrap Ve
Jacket Potato with Cheese V

Vegetables

Sweetcorn Ve

Dessert

Flapjack Ve

Wednesday

Main Meals

Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy
Halal Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy
Ratatouille Pasta Bake Ve
Jacket Potato with Baked Beans Ve

Vegetables

Pan Fried Leeks Ve

Dessert

Orange Shortbread Biscuit Ve

Thursday

Main Meals

Chicken Tikka Pizza with Baked Jacket Wedges
Halal Chicken Tikka Pizza with Baked Jacket Wedges
Margherita Pizza with Baked Jacket Wedges V

Vegetables

Broccoli Ve

Dessert

Apple Crumble Ve with Custard V

Pasta with Tomato & Vegetable Sauce Ve

Friday

Main Meals

Breaded Fish Fingers
Spiced Squash & Spinach Samosa Ve

Pasta with Cheese Sauce V

Vegetables

Chips & Baked Beans Ve

Dessert

Apple & Parsnip Cake V

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

Week 2:

16th October, 6th November, 27th November, 18th December

Week 3

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

Monday

Main Meals

Chicken & Vegetable Pie with Mashed Potato & Gravy
Halal Chicken & Vegetable Pie with Mashed Potato & Gravy
Vegan Sausages with Mashed Potato & Gravy Ve

Pasta with Cheese Sauce V

Vegetables

Peas Ve

Dessert

Apple & Carrot Flapjack Ve

Tuesday

Main Meals

Lamb Chilli with Steamed Rice
Halal Lamb Chilli with Steamed Rice
Vegetable Chilli with Steamed Rice Ve
Jacket Potato with Cheese V

Vegetables

Steamed Carrots Ve

Dessert

Chocolate & Beetroot Brownie V

Wednesday

Main Meals

Sticky Glazed Chicken
Halal Sticky Glazed Chicken
Vegetable Pasta Bake V

Pasta with Tomato & Basil Sauce Ve

Vegetables

Spicy Potato Wedges Ve & Coleslaw V

Dessert

Cherry Cornflake Cake V

Thursday

Main Meals

Paprika Spiced Chicken & Sweetcorn Pizza with Baked Jacket Wedges
Halal Paprika Spiced Chicken & Sweetcorn Pizza with Baked Jacket Wedges
Margherita Pizza with Baked Jacket Wedges V

Jacket Potato with Baked Beans Ve

Vegetables

Pan Fried Leeks Ve

Dessert

Vanilla Ice Cream V

Friday

Main Meals

Breaded Fish Fingers
Vegetable & Bean Stuffed Pitta Pocket Ve

Pasta with Tomato & Lentil Sauce Ve

Vegetables

Chips & Baked Beans Ve

Dessert

Chocolate Shortbread Biscuit Ve

Freshly Baked Bread: Garlic & Rosemary Bread V Wholemeal Bread V

Week 3:

2nd October, 23rd October, 13th November, 4th December

BM3 Halal Non Gordon
October 2023
All products are subject to availability

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HONESTLY GOOD FOOD

