

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

Week 1

Monday	Main Meals BBQ Chicken Pizza with Baked Jacket Wedges Margherita Pizza with Baked Jacket Wedges ✓ Jacket Potato with Baked Beans ✓	Vegetables Sweetcorn ✓ Dessert Chocolate Rice Krispie Cake ✓
	Main Meals Beef Biryani Vegan Bolognese with Spaghetti ✓ Jacket Potato with Cheese ✓	Vegetables Peas ✓ Dessert Carrot Cake ✓
	Main Meals Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese ✓ Jacket Potato with Salmon Mayonnaise	Vegetables Seasonal Greens ✓ Dessert Vanilla Ice Cream ✓
Tuesday	Main Meals Chicken Fajita Wrap Vegetable & Bean Burrito ✓ Pasta with Roasted Tomato & Basil Sauce ✓	Vegetables Steamed Carrots ✓ Dessert Maryland Cookie ✓
	Main Meals Breaded Fish Fingers Vegetable & Bean Chimichangas ✓ Pasta with Cheese Sauce ✓	Vegetables Chips & Baked Beans ✓ Dessert Chocolate & Courgette Sponge ✓

Freshly Baked Bread: Pesto Bread ✓ Wholemeal Bread ✓

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 ✓, Yoghurt ✓ or Jelly ✓

Week 2

Monday	Main Meals Beef Burger in a Bun with Baked Jacket Wedges Vegetable Burger in a Bun with Baked Jacket Wedges ✓ Wholewheat Pasta with Arrabiatta Sauce ✓	Vegetables Carrot Sticks ✓ Dessert Lemon Drizzle Sponge ✓
	Main Meals Beef Lasagne Vegetable Fajita Wrap ✓ Jacket Potato with Cheese ✓	Vegetables Sweetcorn ✓ Dessert Flapjack ✓
Tuesday	Main Meals Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Ratatouille Pasta Bake ✓ Jacket Potato with Baked Beans ✓	Vegetables Pan Fried Leeks ✓ Dessert Orange Shortbread Biscuit ✓
	Main Meals Chicken Tikka Masala & Rice Vegetable Pasanda with Rice ✓ Pasta with Tomato & Vegetable Sauce ✓	Vegetables Broccoli ✓ Dessert Apple Crumble ✓ with Custard ✓
Wednesday	Main Meals Breaded Fish Fingers Spiced Squash & Spinach Samosa ✓ Pasta with Cheese Sauce ✓	Vegetables Chips & Baked Beans ✓ Dessert Apple & Parsnip Cake ✓

Freshly Baked Bread:

Tomato & Herb Bread ✓ Wholemeal Bread ✓

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



Week 3

✓ - Suitable for vegetarians
✓ - Suitable for vegans & vegetarians

Monday	Main Meals Chicken and Beef Sausages with Mashed Potato & Gravy Vegan Sausages with Mashed Potato & Gravy ✓ Pasta with Cheese Sauce ✓	Vegetables Peas ✓ Dessert Apple & Carrot Flapjack ✓
	Main Meals Beef Meatballs with Tomato Sauce & Penne Pasta Vegetable Chilli with Steamed Rice ✓ Jacket Potato with Cheese ✓	Vegetables Steamed Carrots ✓ Dessert Chocolate & Beetroot Brownie ✓
Tuesday	Main Meals Sticky Glazed Chicken Margherita Pizza ✓ Pasta with Tomato & Basil Sauce ✓	Vegetables Spicy Potato Wedges ✓ & Coleslaw ✓ Dessert Cherry Cornflake Cake ✓
	Main Meals Chicken & Vegetable Chow Mein Vegetable Pasta Bake ✓ Jacket Potato with Baked Beans ✓	Vegetables Pan Fried Leeks ✓ Dessert Vanilla Ice Cream ✓
Wednesday	Main Meals Breaded Fish Fingers Vegetable & Bean Stuffed Pitta Pocket ✓ Pasta with Tomato & Lentil Sauce ✓	Vegetables Chips & Baked Beans ✓ Dessert Chocolate Shortbread Biscuit ✓

Freshly Baked Bread:

Garlic & Rosemary Bread ✓ Wholemeal Bread ✓

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

BM2 Howard
Oct 2023
All products are subject to availability