

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

Week 1

Week 2

Week 3

Main Meals

Monday
Baked Vegan Sausages with Crushed Potatoes & Gravy
Macaroni Cheese
Pasta with Tomato & Basil Sauce

Served With

Baked Beans & Peas
Dessert
Chocolate & Sweet Potato Brownie

Main Meals

Tuesday
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

Main Meals

Wednesday
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

Main Meals

Thursday
Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta
Halal Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta
Vegetable Chow Mein
Jacket Potato with Cheddar Cheese

Served With

Cauliflower & Roasted Carrots
Dessert
Apple & Parsnip Sponge

Main Meals

Friday
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

Main Meals

Monday
Vegan Vegetable Fajita with Wraps
Vegan Bolognese with Spaghetti
Jacket Potato with Baked Beans

Served With

Cauliflower & Green Beans
Dessert
Maryland Cookie

Main Meals

Tuesday
Caribbean Turkey & Sweet Potato Curry with Steamed Rice
Halal Caribbean Turkey & Sweet Potato Curry with Steamed Rice
Vegan Spiced Squash & Potato Samosa Pasta with Squash & Tomato Sauce

Served With

Carrots & Peas
Dessert
Carrot & Apple Flapjack

Main Meals

Wednesday
Roast Turkey with Gravy
Halal Roast Turkey with Gravy
Vegan Bombay Chickpea Burrito
Pasta with Squash & Tomato Sauce

Served With

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

Main Meals

Thursday
Mild Chicken & Vegetable Curry with Steamed Rice
Halal Mild Chicken & Vegetable Curry with Steamed Rice
Vegan Vegetable & Chickpea Ragù with Penne Pasta
Jacket Potato with Cheddar Cheese

Served With

Broccoli & Sweetcorn
Dessert
Cherry Shortbread

Main Meals

Friday
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

Main Meals

Monday
Italian Roasted Vegetable Pizza with Baked Wedges
Margherita Pizza with Baked Wedges
Pasta with Tomato & Vegetable Sauce

Served With

Classic Coleslaw & Sweetcorn
Dessert
Cinnamon Apple Crumble with Custard

Main Meals

Tuesday
Sweet & Sour Turkey with Steamed Rice
Halal Sweet & Sour Turkey with Steamed Rice
Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice
Jacket Potato with Baked Beans

Served With

Broccoli & Cauliflower
Dessert
Sultana & Oat Cookie

Main Meals

Wednesday
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

Main Meals

Thursday
Spiced Tex Mex Chicken with Wraps
Halal Spiced Tex Mex Chicken with Wraps
Vegan Mexican Bean & Vegetable Savoury Rice
Jacket Potato with Salmon Mayonnaise or Baked Beans

Served With

Cauliflower & Roasted Carrots
Dessert
Orange Drizzle Cake

Main Meals

Friday
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

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



BM3HalaNonMFMPinnerWood
Jan 2025

All products are subject to availability

pabulum
HONESTLY GOOD FOOD