

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

Week 1

Monday

Main Meals

Baked Sausages (G,SU) with Crushed Potatoes & Gravy

3 Veg Macaroni Cheese (G,MK)

Pasta (G) with Tomato & Basil Sauce

Served With

Baked Beans & Peas

Dessert

Chocolate & Sweet Potato Brownie (G,E)

Tuesday

Main Meals

Beef & Bean Chilli with Steamed Rice

Vegan Bean Chilli (SO) with Steamed Rice

Jacket Potato with Baked Beans

Served With

Sweetcorn & Broccoli

Dessert

Courgette & Oat Cookie (G)

Wednesday

Main Meals

Roast Chicken Fillets with Gravy

Vegan Squash, Sweet Potato & Bean Hot Pot

Pasta (G) with Tomato & Basil Sauce

Served With

Roast Potatoes, Seasonal Greens & Carrots

Dessert

Vanilla Ice Cream (MK)

Thursday

Main Meals

Beef & Vegetable Ragu with Penne Pasta (G)

Vegetable Chow Mein (G,E,SO)

Jacket Potato with Cheddar Cheese (MK)

Served With

Cauliflower & Roasted Carrots

Dessert

Apple & Parsnip Sponge (G,E)

Friday

Main Meals

Fish Fingers (G,F), Chips & Ketchup

Vegan Vegetable Fingers, Chips & Ketchup

Pasta (G) with Tomato & Basil Sauce

Served With

Baked Beans & Peas

Dessert

Fruit Jelly

Freshly Baked Bread:

Tomato & Rosemary Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 17<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar, 21<sup>st</sup> Apr, 12<sup>th</sup> May, 2<sup>nd</sup> Jun, 23<sup>rd</sup> Jun, 14<sup>th</sup> 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 (SO,MK) or Jelly

Week 2

Monday

Main Meals

Beef Bolognaise & Penne Pasta Bake (G,MK)

Vegan Bolognaise (SO,g) with Spaghetti (G)

Jacket Potato with Baked Beans

Served With

Cauliflower & Green Beans

Dessert

Maryland Cookie (G,mk)

Tuesday

Main Meals

Caribbean Chicken & Sweet Potato Curry with Steamed Rice

Vegan Spiced Squash & Potato Samosa (G)

Pasta (G) with Squash & Tomato Sauce

Served With

Carrots & Peas

Dessert

Carrot & Apple Flapjack (G)

Wednesday

Main Meals

Honey Roast Gammon with Gravy

Vegan Bombay Chickpea Burrito (G)

Pasta (G) with Squash & Tomato Sauce

Served With

Roast Potatoes, Seasonal Greens & Carrots

Dessert

Banana & Cinnamon Sponge (G,E)

Thursday

Main Meals

Curried Beef & Vegetable with Steamed Rice

Vegan Mexican Bean & Vegetable Savoury Rice

Jacket Potato with Cheddar Cheese (MK)

Served With

Broccoli & Sweetcorn

Dessert

Cherry Shortbread (G,SU)

Friday

Main Meals

Fish Fingers (G,F), Chips & Ketchup

Vegan Boston BBQ 3 Bean Stew with Baked Jackets

Pasta (G) with Squash & Tomato Sauce

Served With

Baked Beans & Peas

Dessert

Vanilla Ice Cream (MK)

Freshly Baked Bread:

Beetroot & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> Apr, 28<sup>th</sup> Apr, 19<sup>th</sup> May, 9<sup>th</sup> Jun, 30<sup>th</sup> Jun, 21<sup>st</sup> Jul

Week 3

Monday

Main Meals

Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges

Margherita Pizza (G,SO,MK,e) with Baked Wedges

Pasta (G) with Tomato & Vegetable Sauce

Served With

Classic Coleslaw (E) & Sweetcorn

Dessert

Cinnamon Apple Crumble (G) with Custard (MK)

Tuesday

Main Meals

Chicken Biryani (g) with Vegetable Dhal (g)

Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)

Jacket Potato with Baked Beans

Served With

Broccoli & Cauliflower

Dessert

Sultana & Oat Cookie (G)

Wednesday

Main Meals

Slow Roast Beef & Root Vegetables with Gravy

Vegan Country Vegetable & Bean Pie (G)

Pasta (G) with Tomato & Vegetable Sauce

Served With

Roast Potatoes, Seasonal Greens & Carrots

Dessert

Fruit Jelly

Thursday

Main Meals

Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)

Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice

Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans

Served With

Cauliflower & Roasted Carrots

Dessert

Orange Drizzle Cake (G,E)

Friday

Main Meals

Fish Fingers (G,F), Chips & Ketchup

Mexican Roasted Vegetable & Bean Quesadilla (G)

Wholewheat Pasta (G) with Tomato & Vegetable Sauce

Served With

Baked Beans & Peas

Dessert

Chocolate & Courgette Rice Krispie Cake (G)

Freshly Baked Bread:

Pesto & Garlic Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 18<sup>th</sup> Nov, 9<sup>th</sup> Dec 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr, 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> Jun, 7<sup>th</sup> Jul, 28<sup>th</sup> Jul

Allergen Key:

**CAPITAL LETTERS = contains, lower case = may contain**  
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1Garlinge  
Nov 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

