

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



Monday	Main Meals Ham & Pineapple Pizza (G,SO,MK,e) with Baked Jacket Wedges Margherita Pizza (G,SO,MK,e) V with Baked Jacket Wedges Jacket Potato with Baked Beans Ve	Vegetables Sweetcorn Ve
	Sandwiches Chicken Mayonnaise Baguette (G,E,so) Cheese Salad Wrap (G,MK) V	Dessert Chocolate Rice Krispie Cake (G) V
	Main Meals Beef Bolognaise (C) with Spaghetti (G) Vegan Bolognaise (SO,g) with Spaghetti (G) Ve Jacket Potato with Cheese (MK) V	Vegetables Peas Ve
	Sandwiches Ham Sandwich (G,SO) Cheese & Tomato Bloomer (G,MK) V	Dessert Carrot Cake (G,E) V
	Main Meals Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese (G,MK) V Jacket Potato with Salmon Mayonnaise (E,F)	Vegetables Seasonal Greens Ve
Tuesday	Sandwiches Tuna Sweetcorn Baguette (G,E,F,so) Cheese Sandwich (G,SO,MK) V	Dessert Vanilla Ice Cream (MK) V
	Main Meals Chicken Fajita Wrap (G) Vegetable & Bean Burrito (G,SO) Ve Pasta (G) with Roasted Tomato & Basil Sauce Ve	Vegetables Steamed Carrots Ve
	Sandwiches Tuna Mayo Sandwich (G,E,F,SO) Cheese Salad Wrap (G,MK) V	Dessert Maryland Cookie (G,mk) V
	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Chips & Baked Beans Ve
	Sandwiches Ham Sandwich (G,SO) Egg Mayo Baguette (G,E,so) V	Dessert Chocolate Sponge (G,E) V
Freshly Baked Bread: Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		
Week 1: 9 th October, 30 th October, 20 th November, 11 th 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 (SO,MK) **V** or Jelly **Ve**



Monday	Main Meals Beef Burger in a Bun (G,se) with Baked Jacket Wedges Vegetable Burger in a Bun (G,se) Ve with Baked Jacket Wedges Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	Vegetables Carrot Sticks Ve
	Sandwiches Cheese Sandwich (G,SO,MK) V Ham Salad Wrap (G)	Dessert Lemon Drizzle Sponge (G,E) V
	Main Meals Beef Lasagne (G,MK,e) Vegetable Fajita Wrap (G,SO) Ve Jacket Potato with Cheese (MK) V	Vegetables Sweetcorn Ve
	Sandwiches Egg Mayonnaise Sandwich (G,E,SO) V Cheese Salad Wrap (G,MK) V	Dessert Flapjack (G) Ve
	Main Meals Honey Roast Gammon with Roast Potatoes & Gravy Ratatouille Pasta Bake (G) Ve Jacket Potato with Baked Beans Ve	Vegetables Pan Fried Leeks Ve
Tuesday	Sandwiches Cheese & Tomato Bloomer (G,MK) V Ham Sandwich (G,SO)	Dessert Orange Shortbread Biscuit (G) Ve
	Main Meals Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Vegetables Broccoli Ve
	Sandwiches Cheese Sandwich (G,SO,MK) V Chicken Mayonnaise Baguette (G,E,so)	Dessert Apple Crumble (G) Ve with Custard (MK) V
	Main Meals Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Chips & Baked Beans Ve
	Sandwiches Egg Mayonnaise Sandwich (G,E,SO) V Ham Salad Baguette (G,SO)	Dessert Apple Cake (G,E) V
Freshly Baked Bread: Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		
Week 2: 16 th October, 6 th November, 27 th November, 18 th December		



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

Monday	Main Meals Cumberland Sausages (G,SU) with Mashed Potato & Gravy Vegan Sausages (G) with Mashed Potato & Gravy Ve Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Peas Ve
	Sandwiches Ham Salad Wrap (G) Cheese & Tomato Bloomer (G,MK) V	Dessert Apple & Carrot Flapjack (G) Ve
	Main Meals Beef Chilli (C,g) with Steamed Rice Vegetable Chilli (SO,C,g) with Steamed Rice Ve Jacket Potato with Cheese (MK) V	Vegetables Steamed Carrots Ve
	Sandwiches Tuna Sweetcorn Baguette (G,E,F,so) Cheese Sandwich (G,SO,MK) V	Dessert Chocolate Brownie (G,E) V
	Main Meals Sticky Glazed Chicken Margherita Pizza (G,SO,MK,e) V Pasta (G) with Tomato & Basil Sauce (g) Ve	Vegetables Spicy Potato Wedges Ve & Coleslaw (E) V
Tuesday	Sandwiches Tuna Mayonnaise Sandwich (G,E,F,SO) Cheese Salad Wrap (G,MK) V	Dessert Cherry Cornflake Cake (G,SU) V
	Main Meals Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G) Vegetable Pasta Bake (G,MK,C) V Jacket Potato with Baked Beans Ve	Vegetables Pan Fried Leeks Ve
	Sandwiches Chicken Mayonnaise Baguette (G,E,so) Ham Sandwich (G,SO)	Dessert Vanilla Ice Cream (MK) V
	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	Vegetables Chips & Baked Beans Ve
	Sandwiches Ham Salad Bloomer (G) Cheese Sandwich (G,SO,MK) V	Dessert Chocolate Shortbread Biscuit (G) Ve
Freshly Baked Bread: Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		
Week 3: 2 nd October, 23 rd October, 13 th November, 4 th December		

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)

BM1 Hamstel
Oct 2023
All products are subject to availability
pabulummm
HONESTLY GOOD FOOD