

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

## Week 1

**Monday**

**Main Meals**  
Baked Sausages with Crushed Potatoes & Gravy  
3 Veg Macaroni Cheese  
Pasta with Tomato & Basil Sauce

**Served With**  
Baked Beans & Peas

**Dessert**  
Chocolate & Sweet Potato Brownie

**Tuesday**

**Main Meals**  
Beef & Bean Chilli with Steamed Rice  
Vegan Bean Chilli with Steamed Rice  
Jacket Potato with Baked Beans

**Served With**  
Sweetcorn & Broccoli

**Dessert**  
Courgette & Oat Cookie

**Wednesday**

**Main Meals**  
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

**Thursday**

**Main Meals**  
Beef & Vegetable Ragù with Penne Pasta  
Vegetable Chow Mein  
Jacket Potato with Cheddar Cheese

**Served With**  
Cauliflower & Roasted Carrots

**Dessert**  
Apple & Parsnip Sponge

**Friday**

**Main Meals**  
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 Bread or Wholemeal Bread

**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 or Jelly

## Week 2

**Monday**

**Main Meals**  
Beef Bolognese & Penne Pasta Bake  
Vegan Bolognese with Spaghetti  
Jacket Potato with Baked Beans

**Served With**  
Cauliflower & Green Beans

**Dessert**  
Maryland Cookie

**Tuesday**

**Main Meals**  
Caribbean Chicken & Sweet Potato Curry with Steamed Rice  
Vegan Spiced Squash & Potato Samosa  
Pasta with Squash & Tomato Sauce

**Served With**  
Carrots & Peas

**Dessert**  
Carrot & Apple Flapjack

**Wednesday**

**Main Meals**  
Honey Roast Gammon with Gravy  
Vegan Bombay Chickpea Burrito  
Pasta with Squash & Tomato Sauce

**Served With**  
Roast Potatoes, Seasonal Greens & Carrots

**Dessert**  
Banana & Cinnamon Sponge

**Thursday**

**Main Meals**  
Curried Beef & Vegetables with Steamed Rice  
Vegan Mexican Bean & Vegetable Savoury Rice  
Jacket Potato with Cheddar Cheese

**Served With**  
Broccoli & Sweetcorn

**Dessert**  
Cherry Shortbread

**Friday**

**Main Meals**  
Fish Fingers, Chips & Ketchup  
Vegan Boston BBQ 3 Bean Stew with Baked Jacket  
Pasta with Squash & Tomato Sauce

**Served With**  
Baked Beans & Peas

**Dessert**  
Vanilla Ice Cream

**Freshly Baked Bread:**  
Beerroot & Herb or Wholemeal Bread

**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



**Made Fresh Every Day**

All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

## Week 3

**Monday**

**Main Meals**  
Homemade Pepperoni Pizza with Baked Wedges  
Margherita Pizza with Baked Wedges  
Pasta with Tomato & Vegetable Sauce

**Served With**  
Classic Colelaw & Sweetcorn

**Dessert**  
Cinnamon Apple Crumble with Custard

**Tuesday**

**Main Meals**  
Chicken Biryani with Vegetable Dhal  
Vegan Aubergine & Courgette Tagine with Cous Cous  
Jacket Potato with Baked Beans

**Served With**  
Broccoli & Cauliflower

**Dessert**  
Sultana & Oat Cookie

**Wednesday**

**Main Meals**  
Slow Roast Beef & Root Vegetables with Gravy  
Vegan Country Vegetable & Bean Pie  
Pasta 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  
Vegan Tofu Sweet & Sour Vegetables with Steamed Rice  
Jacket Potato with Salmon Mayonnaise or Baked Beans

**Served With**  
Cauliflower & Roasted Carrots

**Dessert**  
Orange Drizzle Cake

**Friday**

**Main Meals**  
Fish Fingers, Chips & Ketchup  
Mexican Roasted Vegetable & Bean Quesadilla  
Wholemeat Pasta with Tomato & Vegetable Sauce

**Served With**  
Baked Beans & Peas

**Dessert**  
Chocolate & Courgette Rice Krispie Cake

**Freshly Baked Bread:**  
Pesto & Garlic Bread or Wholemeal Bread

**Week 3:** 12<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