

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

Week 1

Monday

**Main Meals**

Lamb Bolognaise with Spaghetti  
Halal Lamb Bolognaise with Spaghetti  
Vegan Bolognaise with Spaghetti  
Baked Jackets with Grated Cheese

**Sandwiches Years 3, 4, 5 & 6**

Tuna Mayonnaise & Sweetcorn Baguette

**Served With**

Peas & Broccoli

**Dessert**

Maryland Cookie

Tuesday

**Main Meals**

BBQ Chicken Pizza with Baked Wedges  
Halal BBQ Chicken Pizza with Baked Wedges  
Margherita Pizza with Baked Wedges  
Pasta & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Egg Mayonnaise & Cucumber Bloomer

**Served With**

Carrots & Sweetcorn

**Dessert**

Apple Crumble with Custard

Wednesday

**Main Meals**

Roast Chicken with Roast Potatoes & Gravy  
Halal Roast Chicken with Roast Potatoes & Gravy  
Squash & Lentil Lasagne  
Baked Jackets with Baked Beans

**Sandwiches Years 3, 4, 5 & 6**

Cheese Salad Sandwich

**Served With**

Seasonal Greens & Cauliflower

**Dessert**

Cherry Cornflake Cake

Thursday

**Main Meals**

Mild Chicken & Vegetable Curry with Steamed Rice  
Halal Mild Chicken & Vegetable Curry with Steamed Rice  
Vegan Bean Chilli with Steamed Rice  
Pasta & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Roasted Vegetable & Houmous Bloomer

**Served With**

Broccoli & Carrots

**Dessert**

Chocolate & Pear Sponge

Friday

**Main Meals**

Breaded Fish Fingers with Chips & Ketchup  
Vegan Goujons with Chips & Ketchup  
Baked Jackets with Grated Cheese

**Sandwiches Years 3, 4, 5 & 6**

Chicken Mayonnaise Baguette

**Served With**

Peas & Baked Beans

**Dessert**

Banana Flapjack

**Freshly Baked Bread:**

Carrot & Beetroot or Wholemeal Bread

Week 1: 1<sup>st</sup> January, 22<sup>nd</sup> January, 12<sup>th</sup> February, 4<sup>th</sup> March, 25<sup>th</sup> March, 15<sup>th</sup> April, 6<sup>th</sup> May

**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**

Chicken Pie, Mashed Potato & Gravy  
Halal Chicken Pie, Mashed Potato & Gravy  
Vegan Sausage with Mashed Potato & Gravy  
Pasta & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Egg Mayonnaise Sandwich

**Served With**

Sweetcorn & Baked Beans

**Dessert**

Chocolate Rice Krispie Cake

Tuesday

**Main Meals**

Chicken & Sweetcorn Pasta  
Halal Chicken & Sweetcorn Pasta  
Vegan Tomato & Mixed Bean Sauce with Fusilli  
Baked Jackets with Grated Cheese

**Sandwiches Years 3, 4, 5 & 6**

Tuna Mayonnaise & Cucumber Bloomer

**Served With**

Carrots & Broccoli

**Dessert**

Mandarin Jelly

Wednesday

**Main Meals**

Roast Turkey, Roast Potatoes & Gravy  
Halal Roast Turkey, Roast Potatoes & Gravy  
Sweet Chilli Stir-fry Mushroom & Vegetable Noodles  
Wholewheat Pasta & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Sweet Chilli Cheese & Spinach Wrap

**Served With**

Seasonal Greens & Peas

**Dessert**

Vanilla Ice Cream

Thursday

**Main Meals**

Lamb Keema with Turmeric Rice  
Halal Lamb Keema with Turmeric Rice  
Vegan Layered Vegetable & Sweet Potato Bake  
Baked Jackets with Baked Beans or Salmon Mayonnaise

**Sandwiches Years 3, 4, 5 & 6**

Chicken Mayonnaise Baguette

**Served With**

Carrots & Sweetcorn

**Dessert**

Apple & Carrot Flapjack

Friday

**Main Meals**

Breaded Fish Fingers with Chips & Ketchup  
Vegan Fajita Wrap with Chips & Ketchup  
Pasta & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Cheese & Tomato Bloomer

**Served With**

Peas & Baked Beans

**Dessert**

Lemon Drizzle Sponge

**Freshly Baked Bread:**

Garlic & Herb or Wholemeal Bread

Week 2: 8<sup>th</sup> January, 29<sup>th</sup> January, 19<sup>th</sup> February, 11<sup>th</sup> March, 1<sup>st</sup> April, 22<sup>nd</sup> April, 13<sup>th</sup> May

**Made Fresh Every Day**

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

Cold Lunches available for Years 3, 4, 5 & 6

Children choosing the sandwich option may help themselves from the salad bar and then choose a delicious dessert from our dessert station.

Week 3

Monday

**Main Meals**

Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne  
Halal Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne  
Vegan Roasted Ratatouille with Penne  
Baked Jackets with Grated Cheese

**Sandwiches Years 3, 4, 5 & 6**

Sweet Potato & Bean Wrap

**Served With**

Carrots & Broccoli

**Dessert**

Orange Shortbread Biscuit

Tuesday

**Main Meals**

Fajita Spiced Turkey & Vegetables with Steamed Rice  
Halal Fajita Spiced Turkey & Vegetables with Steamed Rice  
Vegan Burrito  
Pasta & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Roasted Vegetable & Houmous Baguette

**Served With**

Sweetcorn & Coleslaw

**Dessert**

Carrot Cake

Wednesday

**Main Meals**

Herby Roast Chicken with Roast Potatoes & Gravy  
Halal Herby Roast Chicken with Roast Potatoes & Gravy  
3 Vegetable Mac n' Cheese  
Baked Jackets with Baked Beans

**Sandwiches Years 3, 4, 5 & 6**

Cheese Salad Wrap

**Served With**

Seasonal Greens & Broccoli

**Dessert**

Chocolate & Beetroot Brownie

Thursday

**Main Meals**

Shepherds Pie Topped with Sweet Potato Mash  
Halal Shepherds Pie Topped with Sweet Potato Mash  
Vegan Chickpea & Spinach Korma with Steamed Rice  
Pasta & Tomato Sauce

**Sandwiches Years 3, 4, 5 & 6**

Tuna Mayonnaise & Cucumber Bloomer

**Served With**

Cauliflower & Carrots

**Dessert**

Vanilla Ice Cream

Friday

**Main Meals**

Breaded Fish Fingers with Chips & Ketchup  
Vegan Bubble & Squeak with Chips & Ketchup  
Baked Jackets with Grated Cheese

**Sandwiches Years 3, 4, 5 & 6**

Egg Mayonnaise Sandwich

**Served With**

Peas & Baked Beans

**Dessert**

Apple & Parsnip Cake

**Freshly Baked Bread:**

Courgette & Tomato or Wholemeal Bread

Week 3: 15<sup>th</sup> January, 5<sup>th</sup> February, 26<sup>th</sup> February, 18<sup>th</sup> March, 8<sup>th</sup> April, 29<sup>th</sup> April, 20<sup>th</sup> May

BM3 Halal/NonBarleyLane  
Jan 2024

**pabulummm**  
HONESTLY GOOD FOOD