

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

Week 1

Monday	<b>Main Meals</b>		<b>Vegetables</b>
	Ham & Pineapple Pizza (G,SO,MK,e)		Sweetcorn <b>Ve</b>
	Margherita Pizza (G,SO,MK,e) <b>V</b>		<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b>		Chocolate Rice Krispie Cake (G) <b>V</b>
Tuesday	<b>Main Meals</b>		<b>Vegetables</b>
	Beef Bolognese (C) with Spaghetti (G)		Peas <b>Ve</b>
	Vegan Bolognese (SO,g) with Spaghetti (G) <b>Ve</b>		<b>Dessert</b>
	Jacket Potato with Cheese (MK) <b>V</b>		Carrot Cake (G,E) <b>V</b>
Wednesday	<b>Main Meals</b>		<b>Vegetables</b>
	Roast Chicken with Roast Potatoes & Gravy		Seasonal Greens <b>Ve</b>
	Macaroni & Cheese (G,MK) <b>V</b>		<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b> or Salmon Mayonnaise (E,F)		Shortbread Biscuit (G) <b>V</b>
Thursday	<b>Main Meals</b>		<b>Vegetables</b>
	Chicken Fajita Wrap (G)		Steamed Carrots <b>Ve</b>
	Vegetable & Bean Burrito (G,SO) <b>Ve</b>		<b>Dessert</b>
	Pasta (G) with Roasted Tomato & Basil Sauce <b>Ve</b>		Maryland Cookie (G,mk) <b>V</b>
Friday	<b>Main Meals</b>		<b>Vegetables</b>
	Breaded Fish Fingers (G,F)		Chips & Baked Beans <b>Ve</b>
	Vegetable Fingers <b>Ve</b>		<b>Dessert</b>
	Pasta (G) with Cheese Sauce (G,MK) <b>V</b>		Chocolate & Courgette Sponge (G,E) <b>V</b>
<b>Freshly Baked Bread:</b>			
Pesto Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>			

Week 1:

20<sup>th</sup> February, 13<sup>th</sup> March, 3<sup>rd</sup> April, 24<sup>th</sup> April, 15<sup>th</sup> May, 5<sup>th</sup> June, 26<sup>th</sup> June, 17<sup>th</sup> July, 28<sup>th</sup> August, 18<sup>th</sup> September, 9<sup>th</sup> October

**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**  
Jelly **Ve**

Week 2

Monday	<b>Main Meals</b>		<b>Vegetables</b>
	Beef Burger in a Bun (G,se)		Carrot Sticks <b>Ve</b>
	Vegetable Burger (G) in a Bun (G,se) <b>Ve</b>		<b>Dessert</b>
	Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) <b>Ve</b>		Lemon Drizzle Sponge (G,E) <b>V</b>
Tuesday	<b>Main Meals</b>		<b>Vegetables</b>
	Beef Lasagne (G,MK,e)		Sweetcorn <b>Ve</b>
	Vegetable Lasagne (G,SO,MK,e) <b>V</b>		<b>Dessert</b>
	Jacket Potato with Cheese (MK) <b>V</b>		Flapjack (G) <b>Ve</b>
Wednesday	<b>Main Meals</b>		<b>Vegetables</b>
	Honey Roast Gammon with Roast Potatoes & Gravy		Pan Fried Leeks <b>Ve</b>
	Ratatouille Pasta Bake (G) <b>Ve</b>		<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b>		Orange Shortbread Biscuit (G) <b>Ve</b>
Thursday	<b>Main Meals</b>		<b>Vegetables</b>
	Chicken Tikka Masala (MU) & Rice		Broccoli <b>Ve</b>
	Vegetable Pasanda (MU) with Rice <b>Ve</b>		<b>Dessert</b>
	Pasta (G) with Tomato & Vegetable Sauce (g) <b>Ve</b>		Apple Crumble (G) <b>Ve</b> with Custard (MK) <b>V</b>
Friday	<b>Main Meals</b>		<b>Vegetables</b>
	Breaded Fish Fingers (G,F)		Chips & Baked Beans <b>Ve</b>
	Spiced Squash & Spinach Samosa (G) <b>Ve</b>		<b>Dessert</b>
	Pasta (G) with Cheese Sauce (G,MK) <b>V</b>		Apple & Parsnip Cake (G,E) <b>V</b>
<b>Freshly Baked Bread:</b>			
Tomato & Herb Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>			

Week 2:

27<sup>th</sup> February, 20<sup>th</sup> March, 10<sup>th</sup> April, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July, 4<sup>th</sup> September, 25<sup>th</sup> September, 16<sup>th</sup> October



Week 3

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

Monday	<b>Main Meals</b>		<b>Vegetables</b>
	Cumberland Sausages (G,SU) with Mashed Potato & Gravy		Peas <b>Ve</b>
	Vegan Sausages (G) with Mashed Potato & Gravy <b>Ve</b>		<b>Dessert</b>
	Pasta (G) with Cheese Sauce (G,MK) <b>V</b>		Apple & Carrot Flapjack (G) <b>Ve</b>
Tuesday	<b>Main Meals</b>		<b>Vegetables</b>
	Beef Chilli (C,g) with Steamed Rice		Steamed Carrots <b>Ve</b>
	Vegetable Chilli (SO,C,g) with Steamed Rice <b>Ve</b>		<b>Dessert</b>
	Jacket Potato with Cheese (MK) <b>V</b>		Chocolate & Beetroot Brownie (G,E) <b>V</b>
Wednesday	<b>Main Meals</b>		<b>Vegetables</b>
	Sticky Glazed Chicken		Spicy Potato Wedges <b>Ve</b> & Coleslaw (E) <b>V</b>
	Margherita Pizza (G,SO,MK,e) <b>V</b>		<b>Dessert</b>
	Pasta (G) with Tomato & Basil Sauce (g) <b>Ve</b>		Cherry Cornflake Cake (G,SU) <b>V</b>
Thursday	<b>Main Meals</b>		<b>Vegetables</b>
	Creamy Chicken (G,MK) with Fusilli Pasta (G)		Pan Fried Leeks <b>Ve</b>
	Vegetable Pasta Bake (G,MK,C) <b>V</b>		<b>Dessert</b>
	Jacket Potato with Baked Beans <b>Ve</b>		Syrup Sponge (G,E) <b>V</b>
Friday	<b>Main Meals</b>		<b>Vegetables</b>
	Breaded Fish Fingers (G,F)		Chips & Baked Beans <b>Ve</b>
	Vegetable & Bean Stuffed Pitta Pocket (G) <b>Ve</b>		<b>Dessert</b>
	Pasta (G) with Tomato & Lentil Sauce (C,g) <b>Ve</b>		Chocolate Shortbread Biscuit (G) <b>Ve</b>
<b>Freshly Baked Bread:</b>			
Garlic & Rosemary Bread (G,SO,MK,e) <b>V</b> Wholemeal Bread (G,SO,MK,e) <b>V</b>			

Week 3:

6<sup>th</sup> March, 27<sup>th</sup> March, 17<sup>th</sup> April, 8<sup>th</sup> May, 29<sup>th</sup> May, 19<sup>th</sup> June, 10<sup>th</sup> July, 11<sup>th</sup> September, 2<sup>nd</sup> October

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 Perryfields  
February 2023  
All products are subject to availability