

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

Week 1

Monday	Main Meals Beef Bolognaise with Spaghetti (G) Vegan Bolognaise (SO,g) with Spaghetti (G) Baked Jackets with Grated Cheese (MK)	Served With Peas & Broccoli Dessert Maryland Cookie (G,mk)
	Main Meals Chilli Con Carne with Steamed Rice Vegan Bean Chilli (SO) with Steamed Rice Pasta (G) & Tomato Sauce	Served With Carrots & Sweetcorn Dessert Apple Crumble (G) with Custard (MK)
	Main Meals Roast Chicken with Diced Potatoes & Gravy Vegetable Quiche (G,E,MK) with Diced Potatoes Baked Jackets with Baked Beans	Served With Seasonal Greens & Cauliflower Dessert Cherry Chocolate Cornflake Cake (G,SU)
Thursday	Main Meals Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges Margherita Pizza (G,SO,MK,e) with Baked Wedges Pasta (G) & Tomato Sauce	Served With Broccoli & Carrots Dessert Chocolate & Pear Sponge (G,E)
	Main Meals Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Goujons with Chips & Ketchup Baked Jackets with Grated Cheese (MK)	Served With Peas & Baked Beans Dessert Banana Flapjack (G)

Freshly Baked Bread:
White Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1:
1st January, 22nd January, 12th February, 4th March, 25th March, 15th April, 6th 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

Week 2

Monday	Main Meals Pork Sausage (G,SU) with Mashed Potato & Gravy Vegan Sausage (SO) with Mashed Potato & Gravy Pasta (G) & Tomato Sauce	Served With Sweetcorn & Baked Beans Dessert Chocolate Rice Krispie Cake (G)
	Main Meals Cottage Pie Topped with Mashed Potato (g) Cheese, Onion & Potato Turnover (G,MK) Baked Jackets with Grated Cheese (MK)	Served With Carrots & Broccoli Dessert Strawberry Jelly
Wednesday	Main Meals Honey Roast Gammon with Roast Potatoes & Gravy Bubble & Squeak with Roast Potatoes & Gravy Wholewheat Pasta (G) & Cheese Sauce (G,MK)	Served With Seasonal Greens & Peas Dessert Vanilla Shortbread (G)
	Main Meals BBQ Chicken Pizza (G,SO,MK,e) with Baked Wedges Margherita Pizza (G,SO,MK,e) with Baked Wedges Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)	Served With Carrots & Sweetcorn Dessert Apple & Carrot Flapjack (G)
Friday	Main Meals Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Fajita Wrap (G) with Chips & Ketchup Pasta (G) & Tomato Sauce	Served With Peas & Baked Beans Dessert Lemon Drizzle Sponge (G,E)

Freshly Baked Bread:
Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

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

Week 3

Monday	Main Meals Mild Chicken & Vegetable Curry with Steamed Rice Vegan Vegetable Curry with Steamed Rice Baked Jackets with Grated Cheese (MK)	Served With Carrots & Broccoli Dessert Vanilla Shortbread (G)
	Main Meals Traditional Beef Lasagne (G,MK,e) Vegetable Lasagne (G,SO,MK,e) Pasta (G) & Tomato Sauce	Served With Sweetcorn & Carrots Dessert Carrot Cake (G,E)
Wednesday	Main Meals Herby Roast Chicken with Roast Potatoes & Gravy 3 Vegetable Mac n' Cheese (G,MK) Baked Jackets with Baked Beans	Served With Seasonal Greens & Broccoli Dessert Chocolate & Beetroot Brownie (G,E)
	Main Meals Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges Margherita Pizza (G,SO,MK,e) with Baked Wedges Pasta (G) & Tomato Sauce	Served With Cauliflower & Carrots Dessert Oat & Cherry Cookie (G,SU)
Friday	Main Meals Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Goujons with Chips & Ketchup Baked Jackets with Grated Cheese (MK)	Served With Peas & Baked Beans Dessert Apple & Parsnip Cake (G,E)

Freshly Baked Bread:
White Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

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

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
Jan 2024
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

