

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

Week 1

Monday

Main Meals

- Ham & Pineapple Pizza with Baked Jacket Wedges
- Margherita Pizza with Baked Jacket Wedges V
- Jacket Potato with Baked Beans Ve

Vegetables

Sweetcorn Ve

Dessert

Chocolate Rice Krispie Cake V

Tuesday

Main Meals

- Beef Bolognese with Spaghetti
- Vegan Bolognese with Spaghetti Ve
- Jacket Potato with Cheese V

Vegetables

Peas Ve

Dessert

Carrot Cake V

Wednesday

Main Meals

- Roast Chicken with Roast Potatoes & Gravy
- Macaroni & Cheese V
- Jacket Potato with Baked Beans Ve or Salmon Mayonnaise

Vegetables

Seasonal Greens Ve

Dessert

Shortbread Biscuit V

Thursday

Main Meals

- Chicken Fajita Wrap
- Vegetable & Bean Burrito Ve
- Pasta with Roasted Tomato & Basil Sauce Ve

Vegetables

Steamed Carrots Ve

Dessert

Maryland Cookie V

Friday

Main Meals

- Breaded Fish Fingers
- Vegetable Fingers Ve
- Pasta with Cheese Sauce V

Vegetables

Chips & Baked Beans Ve

Dessert

Chocolate & Courgette Sponge V

Freshly Baked Bread:

Pesto Bread V Wholemeal Bread V

Week 1:

9<sup>th</sup> October, 30<sup>th</sup> October, 20<sup>th</sup> November, 11<sup>th</sup> December

Available Every Day:

Fresh Fruit Ve  
Jelly Ve

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.

Week 2

Monday

Main Meals

- Beef Burger in a Bun with Baked Jacket Wedges
- Vegetable Burger in a Bun with Baked Jacket Wedges Ve
- Wholewheat Pasta with Arrabiatta Sauce Ve

Vegetables

Carrot Sticks Ve

Dessert

Lemon Drizzle Sponge V

Tuesday

Main Meals

- Beef Lasagne
- Vegetable Lasagne V
- Jacket Potato with Cheese V

Vegetables

Sweetcorn Ve

Dessert

Flapjack Ve

Wednesday

Main Meals

- Honey Roast Gammon with Roast Potatoes & Gravy
- Ratatouille Pasta Bake Ve
- Jacket Potato with Baked Beans Ve

Vegetables

Pan Fried Leeks Ve

Dessert

Orange Shortbread Biscuit Ve

Thursday

Main Meals

- Chicken Tikka Masala & Rice
- Vegetable Pasanda with Rice Ve
- Pasta with Tomato & Vegetable Sauce Ve

Vegetables

Broccoli Ve

Dessert

Apple Crumble Ve with Custard V

Friday

Main Meals

- Breaded Fish Fingers
- Spiced Squash & Spinach Samosa Ve
- Pasta with Cheese Sauce V

Vegetables

Chips & Baked Beans Ve

Dessert

Apple & Parsnip Cake V

Freshly Baked Bread:

Tomato & Herb Bread V Wholemeal Bread V

Week 2:

16<sup>th</sup> October, 6<sup>th</sup> November, 27<sup>th</sup> November, 18<sup>th</sup> December

Week 3

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

Monday

Main Meals

- Cumberland Sausages with Mashed Potato & Gravy
- Vegan Sausages with Mashed Potato & Gravy Ve
- Pasta with Cheese Sauce V

Vegetables

Peas Ve

Dessert

Apple & Carrot Flapjack Ve

Tuesday

Main Meals

- Beef Chilli with Steamed Rice
- Vegetable Chilli with Steamed Rice Ve
- Jacket Potato with Cheese V

Vegetables

Steamed Carrots Ve

Dessert

Chocolate & Beetroot Brownie V

Wednesday

Main Meals

- Sticky Glazed Chicken
- Margherita Pizza V
- Pasta with Tomato & Basil Sauce Ve

Vegetables

Spicy Potato Wedges Ve & Coleslaw V

Dessert

Cherry Cornflake Cake V

Thursday

Main Meals

- Creamy Chicken with Fusilli Pasta
- Vegetable Pasta Bake V
- Jacket Potato with Baked Beans Ve

Vegetables

Pan Fried Leeks Ve

Dessert

Syrup Sponge V

Friday

Main Meals

- Breaded Fish Fingers
- Vegetable & Bean Stuffed Pitta Pocket Ve
- Pasta with Tomato & Lentil Sauce Ve

Vegetables

Chips & Baked Beans Ve

Dessert

Chocolate Shortbread Biscuit Ve

Freshly Baked Bread:

Garlic & Rosemary Bread V Wholemeal Bread V

Week 3:

2<sup>nd</sup> October, 23<sup>rd</sup> October, 13<sup>th</sup> November, 4<sup>th</sup> December

BM1 Perryfields  
Oct 2023

All products are subject  
to availability

pabulummm  
HONESTLY GOOD FOOD

