

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

Monday

## Main Meals

Pepperoni Pizza & Potato Salad  
Margarita Pizza with Potato Salad **V**  
Jacket Potato with Baked Beans **Ve** or Cheese **V**

## Vegetables

Sweetcorn & Green Beans **Ve**

## Dessert

Cinnamon & Sultana Bread & Butter Pudding **V**

Tuesday

## Main Meals

Beef Burger in a Bun with Oven Baked Wedges  
Vegetarian Burger in a Bun with Oven Baked Wedges **Ve**  
Pasta with Tomato & Basil Sauce **Ve**

## Vegetables

Peas **Ve** & Coleslaw **V**

## Dessert

Marble Sponge with Custard **V**

Wednesday

## Main Meals

Roast Chicken Fillets with Roast Potatoes & Gravy  
Roast Quorn Fillet with Roast Potatoes & Gravy **V**  
Wholemeal Pasta with Cheese Sauce **V**

## Vegetables

Carrots & Cabbage **Ve**

## Dessert

Waffles with Berry Compote **V**

Thursday

## Main Meals

Sausages with Mashed Potato & Gravy  
Vegan Sausage with Mashed Potato & Gravy **Ve**  
Jacket Potato with Tuna Mayonnaise or Cheese **V**

## Vegetables

Broccoli & Sweetcorn **Ve**

## Dessert

Carrot Cake **V**

Friday

## Main Meals

Oven Baked Fish Fingers with Oven Baked Chips  
Vegetable Fingers with Oven Baked Chips **Ve**  
Pasta with Tomato & Basil Sauce **Ve**

## Vegetables

Baked Beans & Peas **Ve**

## Dessert

Pear & Berry Crumble **Ve**

## Freshly Baked Bread:

Pumpkin & Carrot **V** Wholemeal **V**

## Week 1:

1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 3<sup>rd</sup> Jan, 24<sup>th</sup> Jan, 14<sup>th</sup> Feb, 7<sup>th</sup> Mar, 28<sup>th</sup> Mar

Monday

## Main Meals

Ham & Leek Mac n Cheese  
Mac n Cheese with Garlic Bread **V**  
Jacket Potato with Tuna Mayonnaise or Cheese **V**

## Vegetables

Broccoli Florets & Carrots **Ve**

## Dessert

Apple & Sultana Crumble **Ve**

Tuesday

## Main Meals

Beef Lasagne  
Vegetable Lasagne **V**  
Wholemeal Pasta with Cheese Sauce **Ve**

## Vegetables

Green Beans & Sweetcorn **Ve**

## Dessert

Fruit Jelly **V**

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Roast Quorn Fillet with Roast Potatoes & Gravy **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese **V**

## Vegetables

Cauliflower & Peas **Ve**

## Dessert

Lemon Drizzle Cake **V**

Thursday

## Main Meals

Traditional Beef Bolognese with Spaghetti  
Vegan Bolognese with Spaghetti **Ve**  
Pasta with Tomato Sauce **Ve**

## Vegetables

Carrots & Cabbage **Ve**

## Dessert

Cherry Cookie **Ve**

Friday

## Main Meals

Battered Fish Fillets with Oven Baked Chips  
Vegan Bean Burrito with Oven Baked Chips **Ve**  
Jacket Potato with Baked Beans **Ve** or Cheese **V**

## Vegetables

Baked Beans & Peas **Ve**

## Dessert

Chocolate & Courgette Sponge **V**

## Freshly Baked Bread:

Courgette, Oat & Thyme **V** Wholemeal **V**

## Week 2:

8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 20<sup>th</sup> Dec, 10<sup>th</sup> Jan, 31<sup>st</sup> Jan, 21<sup>st</sup> Feb, 14<sup>th</sup> Mar, 4<sup>th</sup> Apr

Monday

## Main Meals

Cumberland Sausage with Potato Wedges  
Quorn Sausages with Potato Wedges **V**  
Pasta with Tomato & Basil Sauce **Ve**

## Vegetables

Peas & Cauliflower **Ve**

## Dessert

Chocolate Shortbread **Ve**

Tuesday

## Main Meals

Beef Chilli Con Carne with Rice  
Vegan Chilli Con Carne with Rice **Ve**  
Jacket Potato with Salmon Mayonnaise or Cheese **V**

## Vegetables

Sweetcorn & Carrots **Ve**

## Dessert

Banana Flapjack **Ve**

Wednesday

## Main Meals

Herby Roast Chicken Fillets with Roast Potatoes & Gravy  
Vegan Sausage Loaf with Roast Potatoes & Gravy **Ve**  
Wholemeal Pasta with Tomato & Basil Sauce **V**

## Vegetables

Green Cabbage & Roasted Root Vegetables **Ve**

## Dessert

Maryland Sultana Cookie **V**

Thursday

## Main Meals

Turkey Vegetable Casserole with Pasta  
Roasted Ratatouille Pasta Bake **V**  
Jacket Potato with Baked Beans **Ve** or Cheese **V**

## Vegetables

Green Beans & Carrots **Ve**

## Dessert

Vanilla Shortbread **Ve**

Friday

## Main Meals

Oven Baked Fish Fingers with Oven Baked Chips  
Spinach & Tomato Pastry Pocket with Oven Baked Chips **V**  
Pasta with Cheese Sauce **V**

## Vegetables

Baked Beans & Peas **Ve**

## Dessert

Chocolate & Beetroot Brownie **V**

## Freshly Baked Bread:

Sunflower, Rosemary & Tomato **V** Wholemeal **V**

## Week 3:

15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 27<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

**V** - Suitable for vegetarians  
**Ve** - Suitable for vegans & vegetarians  
All products are subject to availability.

## Available Every Day

Fresh Fruit Platter **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.

BM1Perryfields

November 2021

**pabulummm**  
HONESTLY GOOD FOOD