

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

Week 1

Monday	Main Meals Beef Bolognese with Spaghetti (G) Vegan Bolognese (SO,g) with Spaghetti (G) Baked Jackets with Grated Cheese (MK)	Served With Peas & Broccoli Dessert Maryland Cookie (G,mk)
	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 Carrots & Sweetcorn Dessert Apple Crumble (G) with Custard (MK)
	Main Meals Roast Chicken with Roast Potatoes & Gravy Squash & Lentil Lasagne (G,MK,e) Baked Jackets with Baked Beans	Served With Seasonal Greens & Cauliflower Dessert Chocolate Shortbread Biscuit (G)
Tuesday	Main Meals Macaroni & Cheese Bolognese Bake (G,MK,C) Vegan Bean Chilli (SO) with Steamed Rice 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:
Carrot & Beetroot (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, Yoghurt (SO,MK) or Jelly

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 Pineapple Upside Down Cake (G,E,SU)
	Main Meals Chicken & Sweetcorn Pasta (G,MK) Vegan Tomato & Mixed Bean Sauce with Fusilli (G) Baked Jackets with Grated Cheese (MK)	Served With Carrots & Broccoli Dessert Mandarin Jelly
	Main Meals Honey Roast Gammon with Roast Potatoes & Gravy Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO) Wholewheat Pasta (G) & Tomato Sauce	Served With Seasonal Greens & Peas Dessert Chocolate Ice Cream (MK)
Tuesday	Main Meals Traditional Beef Lasagne (G,MK,e) Vegan Layered Vegetable & Sweet Potato Bake Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)	Served With Carrots & Sweetcorn Dessert Apple & Carrot Flapjack (G)
	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

PABULUM FRESH FOOD

Made Fresh Every Day

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

Week 3

Monday	Main Meals Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G) Vegan Roasted Ratatouille with Penne (G) Baked Jackets with Grated Cheese (MK)	Served With Carrots & Broccoli Dessert Orange Shortbread Biscuit (G)
	Main Meals Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges Vegan Burrito (G,SO) Pasta (G) & Tomato Sauce	Served With Sweetcorn & Coleslaw (E) Dessert Carrot Cake (G,E)
	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)
Tuesday	Main Meals Caribbean Chicken Curry with Wraps (G) Vegetable Quiche (G,E,MK) Pasta (G) & Tomato Sauce	Served With Cauliflower & Carrots Dessert Chocolate Ice Cream (MK)
	Main Meals Breaded Fish Fingers (G,F) with Chips & Ketchup Vegan Bubble & Squeak with Chips & Ketchup Baked Jackets with Grated Cheese (MK)	Served With Peas & Baked Beans Dessert Marble Sponge (G,E)

Freshly Baked Bread:
Courgette & Tomato (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 Sandgate
Jan 2024
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD