

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

Week 1

Monday

Main Meals
Baked Sausages (G,SU) with Crushed Potatoes & Gravy
3 Veg Macaroni Cheese (G,MK)
Pasta (G) with Tomato & Basil Sauce

Served With
Baked Beans & Peas

Dessert
Chocolate & Sweet Potato Brownie (G,E)

Tuesday

Main Meals
Chilli Beef Tacos (G,MK) with Cajun Sweet Potato Wedges (MU)
Vegan Bean Chilli (SO) with Steamed Rice
Jacket Potato with Baked Beans

Served With
Sweetcorn & Broccoli

Dessert
Courgette & Oat Cookie (G)

Wednesday

Main Meals
Roast Chicken Fillets with Gravy
Vegan Squash, Sweet Potato & Bean Hot Pot
Pasta (G) with Tomato & Basil Sauce

Served With
Roast Potatoes, Seasonal Greens & Carrots

Dessert
Vanilla Ice Cream (MK)

Thursday

Main Meals
Beef & Vegetable Ragu with Penne Pasta (G)
Vegetable Chow Mein (G,E,SO)
Jacket Potato with Cheddar Cheese (MK)

Served With
Cauliflower & Roasted Carrots

Dessert
Apple & Parsnip Sponge (G,E)

Friday

Main Meals
Fish Fingers (G,F), Chips & Ketchup
Vegan Vegetable Fingers, Chips & Ketchup
Pasta (G) with Tomato & Basil Sauce

Served With
Baked Beans & Peas

Dessert
Fruit Jelly

Freshly Baked Bread:
Tomato & Rosemary Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 2nd Jun, 23rd Jun, 14th Jul, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov, 24th Nov, 15th Dec

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
Beef Bolognese & Penne Pasta Bake (G,MK)
Vegan Bolognese (SO,g) with Spaghetti (G)
Jacket Potato with Baked Beans

Served With
Cauliflower & Green Beans

Dessert
Maryland Cookie (G,mk)

Tuesday

Main Meals
Caribbean Chicken & Sweet Potato Curry with Steamed Rice
Vegan Spiced Squash & Potato Samosa (G)
Pasta (G) with Squash & Tomato Sauce

Served With
Carrots & Peas

Dessert
Carrot & Apple Flapjack (G)

Wednesday

Main Meals
Honey Roast Gammon with Gravy
Vegan Bombay Chickpea Burrito (G)
Pasta (G) with Squash & Tomato Sauce

Served With
Roast Potatoes, Seasonal Greens & Carrots

Dessert
Banana & Cinnamon Sponge (G,E)

Thursday

Main Meals
Curried Beef & Vegetables with Steamed Rice
Vegan Mexican Bean & Vegetable Savoury Rice
Jacket Potato with Cheddar Cheese (MK)

Served With
Broccoli & Sweetcorn

Dessert
Cherry Shortbread (G,SU)

Friday

Main Meals
Fish Fingers (G,F), Chips & Ketchup
Vegan Boston BBQ 3 Bean Stew with Baked Jackets
Pasta (G) with Squash & Tomato Sauce

Served With
Baked Beans & Peas

Dessert
Vanilla Ice Cream (MK)

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

Week 2: 9th Jun, 30th Jun, 21st Jul, 8th Sept, 29th Sept, 20th Oct, 10th Nov, 1st Dec, 22nd Dec

Week 3

Monday

Main Meals
Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges
Margherita Pizza (G,SO,MK,e) with Baked Wedges
Pasta (G) with Tomato & Vegetable Sauce

Served With
Classic Coleslaw (E) & Sweetcorn

Dessert
Cinnamon Apple Crumble (G) with Custard (MK)

Tuesday

Main Meals
Chicken Biryani (g) with Vegetable Dhal (g)
Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)
Jacket Potato with Baked Beans

Served With
Broccoli & Cauliflower

Dessert
Sultana & Oat Cookie (G)

Wednesday

Main Meals
Slow Roast Beef & Root Vegetables with Gravy
Vegan Country Vegetable & Bean Pie (G)
Pasta (G) with Tomato & Vegetable Sauce

Served With
Roast Potatoes, Seasonal Greens & Carrots

Dessert
Fruit Jelly

Thursday

Main Meals
Cajun Chicken (MU) with Wraps (G) & Spiced Wedges (MU)
Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice
Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans

Served With
Cauliflower & Roasted Carrots

Dessert
Orange Drizzle Cake (G,E)

Friday

Main Meals
Fish Fingers (G,F), Chips & Ketchup
Mexican Roasted Vegetable & Bean Quesadilla (G)
Wholewheat Pasta (G) with Tomato & Vegetable Sauce

Served With
Baked Beans & Peas

Dessert
Chocolate & Courgette Rice Krispie Cake (G)

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

Week 3: 16th Jun, 7th Jul, 28th Jul, 15th Sept, 6th Oct, 27th Oct, 17th Nov, 8th Dec

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)

BM1Sandgate
June 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

