

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

Week 1

Monday	Main Meals Baked Sausages with Crushed Potatoes & Gravy 3 Veg Macaroni Cheese Pasta with Tomato & Basil Sauce	Served with Baked Beans & Peas
	Sandwiches Chicken Mayonnaise Baguette Cheese Salad Wrap	Dessert Chocolate Brownie
Tuesday	Main Meals Traditional Beef Lasagne Vegan Cauliflower & Sweet Potato Coconut Curry with Steamed Rice Jacket Potato with Baked Beans	Served with Sweetcorn & Broccoli
	Sandwiches Ham Sandwich Cheese & Tomato Bloomer	Dessert Oat Cookie
Wednesday	Main Meals Roast Chicken Fillets with Gravy Vegan Squash, Sweet Potato & Bean Hot Pot Pasta with Tomato & Basil Sauce	Served with Roast Potatoes, Seasonal Greens & Carrots
	Sandwiches Tuna & Sweetcorn Baguette Cheese Sandwich	Dessert Vanilla Ice Cream
Thursday	Main Meals Beef & Vegetable Ragu with Penne Pasta Vegetable Chow Mein Jacket Potato with Cheddar Cheese	Served with Cauliflower & Roasted Carrots
	Sandwiches Tuna Mayonnaise Sandwich Cheese Salad Wrap	Dessert Apple Sponge
Friday	Main Meals Fish Fingers, Chips & Ketchup Vegan Vegetable Fingers, Chips & Ketchup Pasta with Tomato & Basil Sauce	Served with Baked Beans & Peas
	Sandwiches Ham Sandwich Egg Mayo Baguette	Dessert Fruit Jelly

Freshly Baked Bread:

Tomato & Rosemary Bread or Wholemeal Bread

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

Week 2

Monday	Main Meals Beef Bolognese & Penne Pasta Bake Vegan Bolognese with Spaghetti Jacket Potato with Baked Beans	Served with Cauliflower & Green Beans
	Sandwiches Cheese Sandwich Ham Salad Wrap	Dessert Maryland Cookie
Tuesday	Main Meals Caribbean Chicken & Sweet Potato Curry with Steamed Rice Vegan Aubergine & Courgette Tagine with Cous Cous Pasta with Squash & Tomato Sauce	Served with Carrots & Peas
	Sandwiches Egg Mayonnaise Sandwich Cheese Salad Wrap	Dessert Apple Flapjack
Wednesday	Main Meals Honey Roast Gammon with Gravy Vegan Bombay Chickpea Burrito Pasta with Squash & Tomato Sauce	Served with Roast Potatoes, Seasonal Greens & Carrots
	Sandwiches Cheese & Tomato Bloomer Ham Sandwich	Dessert Banana & Cinnamon Sponge
Thursday	Main Meals Spiced Tex Mex Chicken with Wraps Vegan Vegetable & Chickpea Ragu with Penne Pasta Jacket Potato with Cheddar Cheese	Served with Broccoli & Sweetcorn
	Sandwiches Cheese Sandwich Chicken Mayonnaise Baguette	Dessert Cherry Shortbread
Friday	Main Meals Fish Fingers, Chips & Ketchup Vegan Boston BBQ 3 Bean Stew with Baked Jackets Pasta with Squash & Tomato Sauce	Served with Baked Beans & Peas
	Sandwiches Egg Mayonnaise Sandwich Ham Salad Baguette	Dessert Vanilla Ice Cream

Freshly Baked Bread: Beetroot & Herb or Wholemeal Bread

Week 2: 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

Week 3

Monday	Main Meals Homemade Pepperoni Pizza with Baked Wedges Margherita Pizza with Baked Wedges Pasta with Tomato & Vegetable Sauce	Served with Classic Coleslaw & Sweetcorn
	Sandwiches Ham Salad Wrap Cheese & Tomato Bloomer	Dessert Cinnamon Apple Crumble with Custard
Tuesday	Main Meals Beef & Bean Chilli with Steamed Rice Vegan Bean Chilli with Steamed Rice Jacket Potato with Baked Beans	Served with Broccoli & Cauliflower
	Sandwiches Tuna & Sweetcorn Baguette Cheese Sandwich	Dessert Sultana & Oat Cookie
Wednesday	Main Meals Slow Roast Beef & Root Vegetables with Gravy Vegan Country Vegetable & Bean Pie Pasta with Tomato & Vegetable Sauce	Served with Broccoli & Cauliflower
	Sandwiches Tuna Mayonnaise Sandwich Cheese Salad Wrap	Dessert Fruit Jelly
Thursday	Main Meals Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta Vegan Tofu Sweet & Sour Vegetables with Steamed Rice Jacket Potato with Salmon Mayonnaise or Baked Beans	Served with Cauliflower & Roasted Carrots
	Sandwiches Chicken Mayonnaise Baguette Ham Sandwich	Dessert Orange Drizzle Cake
Friday	Main Meals Fish Fingers, Chips & Ketchup Mexican Roasted Vegetable & Bean Quesadilla Wholewheat Pasta with Tomato & Vegetable Sauce	Served with Baked Beans & Peas
	Sandwiches Ham Salad Bloomer Cheese Sandwich	Dessert Chocolate & Courgette Rice Krispie Cake

Freshly Baked Bread: Pesto & Garlic or Wholemeal Bread

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

Available Every Day:
Fresh Fruit, Yoghurt or Jelly

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.



BM1Hamstel
Jan 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD