

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

## Main Meals

Beef Lasagne with Garlic Bread  
Roasted Squash & Basil Risotto **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Carrots & Green Beans **Ve**  
**Dessert**  
Chocolate & Beetroot  
Sponge **V**

## Monday

## Main Meals

Mexican Chicken Fajitas  
Mexican 5 Bean & Vegetable Tostada  
with Pomegranate **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Coleslaw & Carrots **Ve**  
**Dessert**  
Sticky Toffee Pudding **V**

## Monday

## Main Meals

Chicken Tikka Masala with Rice  
Chargrilled Vegetable Quesadilla with Rice **Ve**  
Pasta with a choice of toppings **V**

## Vegetables

Lentil Dhal & Broccoli **Ve**  
**Dessert**  
Courgette & Orange Cake **V**

## Tuesday

## Main Meals

Classic Spaghetti Beef Bolognese  
Sweet Potato Topped Vegetable Pie **Ve**  
Pasta with a choice of toppings **V**

## Vegetables

Peas & Cauliflower **Ve**  
**Dessert**  
Carrot & Ginger Sponge **V**

## Tuesday

## Main Meals

Gammon with Orange & Herb Glaze  
served with Roasted Potatoes & Gravy  
Spiced Moroccan Chickpea Curry  
with Lemon Couscous **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Green Cabbage & Carrots **Ve**  
**Dessert**  
Ice Cream with Fruit **V**

## Wednesday

## Main Meals

Herby Chicken Breast  
with Roasted New Potatoes, Stuffing & Gravy  
Mediterranean Vegetable Tart **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Carrots & Green Cabbage **Ve**  
**Dessert**  
Chocolate Orange  
Cheesecake **V**

## Wednesday

## Main Meals

Beef Burger in a Bun  
Crispy Chickpea Burger in a Bun **Ve**  
Pasta with a choice of toppings **V**

## Vegetables

Sweetcorn & Coleslaw **Ve**  
**Dessert**  
Apple & Oat Crumble **V**

## Thursday

## Main Meals

Cumberland Sausages  
with Mashed Potatoes & Onion Gravy  
Vegetarian Sausages  
with Steamed New Potatoes **Ve**  
Pasta with a choice of toppings **V**

## Vegetables

Roasted Seasonal Vegetables  
& Sweetcorn **Ve**  
**Dessert**  
Peach Sponge Cake **V**

## Thursday

## Main Meals

Fish Fingers  
with Homemade Tomato Ketchup & Chips  
Mexican Sweetcorn, Carrot & Courgette Fritter  
with Chargrilled Tortilla & Chips **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Baked Beans & Peas **Ve**  
**Dessert**  
Chocolate & Carrot Brownie **V**

## Friday

## Main Meals

Battered Fish with Homemade Tomato Ketchup  
or Salmon Fishcake in a Bun & Chips  
Falafel & Carrot Wrap with Salsa & Chips **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Baked Beans & Peas **Ve**  
**Dessert**  
Banana Flapjack **Ve**

## Friday

Freshly Baked Bread - Pumpkin & Carrot **V** Wholemeal **V**

Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese **V**

Pasta Toppings - Homemade Tomato & Vegetable Sauce **Ve** or Cheddar Cheese **V**

Week 1: 20<sup>th</sup> Apr, 11<sup>th</sup> May, 1<sup>st</sup> Jun, 22<sup>nd</sup> Jun, 13<sup>th</sup> Jul, 31<sup>st</sup> Aug, 21<sup>st</sup> Sep, 12<sup>th</sup> Oct

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

Available Every Day

Fresh Fruit Platter **Ve**

Fresh Natural Yoghurt with Fruit Puree **V**

## Main Meals

Beef & Vegetable Cottage Pie  
Jacketfruit Katsu Curry with Rice **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Broccoli & Mixed Salad **Ve**  
**Dessert**  
Caramelised Pineapple  
Sponge **V**

## Monday

## Main Meals

Mild Jerk Chicken with Rice & Peas  
Vegetarian Spicy Special Fried Rice **Ve**  
Pasta with a choice of toppings **V**

## Vegetables

Sweetcorn **Ve**  
**Dessert**  
Apple Pie Cinnamon Roll **V**

## Tuesday

## Main Meals

Roast Chicken  
served with Roasted Potatoes & Gravy  
Tofu & Vegetable Noodle Stir Fry **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Cauliflower & Peas **Ve**  
**Dessert**  
Ice Cream with Fruit **V**

## Wednesday

## Main Meals

Chicken & Sweetcorn Meatballs  
in a Sweet & Sour sauce with Noodles  
Pitta Pizza topped with Houmous  
& Roasted Vegetables **Ve**  
Pasta with a choice of toppings **V**

## Vegetables

Green Beans **Ve**  
**Dessert**  
Chocolate Shortbread  
Biscuit **Ve**

## Thursday

## Main Meals

Fish Fingers  
with Homemade Tomato Ketchup & Chips  
Homemade Crispy Vegetable Nuggets  
with Chips **Ve**  
Jacket Potato with choice of toppings **V**

## Vegetables

Baked Beans & Peas **Ve**  
**Dessert**  
Lemon Drizzle Cake **V**

## Friday

Freshly Baked Bread - Sunflower, Rosemary & Tomato **V** Wholemeal **V**

Jacket Potato Toppings - Baked Beans **Ve** or Grated Cheese **V**

Pasta Toppings - Homemade Tomato & Vegetable Sauce **Ve** or Cheddar Cheese **V**

Week 3: 13<sup>th</sup> Apr, 4<sup>th</sup> May, 25<sup>th</sup> May, 15<sup>th</sup> Jun, 6<sup>th</sup> Jul, 14<sup>th</sup> Sep, 5<sup>th</sup> Oct

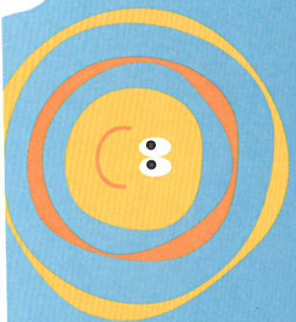
BM1 Non Meat Free Mon

April 2020

**pabulum**  
HONESTLY GOOD FOOD

**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.





## Dietary Requirements

If your child has a specific dietary requirement please contact us at [info@pabulum-catering.co.uk](mailto:info@pabulum-catering.co.uk) or for further details about Pabulum please visit our website: [www.pabulum-catering.co.uk](http://www.pabulum-catering.co.uk)

## Pabulum Menu

Our new menus feature some positive changes as part of our Pabulum food evolution, which include:

- A daily main meal suitable for plant-based / vegan dining. Plant-based dining currently has a really loud voice; our new dishes include roasted vegetable and hounous pitta pizza, tofu and rice noodle stir fry, homemade crispy vegetable nuggets, and a mildly spiced 5 bean quesadilla
- Providing a vegan option every day has a positive impact on the environment, reflects current food trends and allows more choice for pupils with dairy or egg allergies
- We are introducing homemade tomato ketchup, a simple recipe using naturally sweet tomatoes and vegetables to achieve a 40% reduction in sugar content. This will also reduce the use of single use plastics, delivering another positive impact on the environment
- Our salad bar is completely allergen free featuring simple, wholesome and nutritious salads
- Our desserts include more fruits, vegetables and less free sugars. We will still be making our delicious unsweetened yoghurt, serving it with freshly made fruit purees and compotes

## Spring/Summer Menu

Fresh, Wholesome,  
Delicious Food

