

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

Week 1

Monday

Main Meals

Ham & Pineapple Pizza with Baked Jacket Wedges  
Margherita Pizza V with Baked Jacket Wedges  
Jacket Potato with Baked Beans Ve

Sandwiches

Chicken Mayonnaise Baguette  
Cheese Salad Wrap V

Vegetables

Sweetcorn Ve

Dessert

Chocolate Rice Krispie  
Cake V

Tuesday

Main Meals

Beef Bolognaise with Spaghetti  
Vegan Bolognaise with Spaghetti Ve  
Jacket Potato with Cheese V

Sandwiches

Ham Sandwich  
Cheese & Tomato Bloomer V

Vegetables

Peas Ve

Dessert

Carrot Cake V

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Macaroni & Cheese V  
Jacket Potato with Salmon Mayonnaise

Sandwiches

Tuna Sweetcorn Baguette  
Cheese Sandwich V

Vegetables

Seasonal Greens Ve

Dessert

Vanilla Ice Cream V

Thursday

Main Meals

Chicken Fajita Wrap  
Vegetable & Bean Burrito Ve  
Pasta with Roasted Tomato & Basil Sauce Ve

Sandwiches

Tuna Mayo Sandwich  
Cheese Salad Wrap V

Vegetables

Steamed Carrots Ve

Dessert

Maryland Cookie V

Friday

Main Meals

Breaded Fish Fingers  
Vegetable & Bean Chimichangas V  
Pasta with Cheese Sauce V

Sandwiches

Ham Sandwich  
Egg Mayo Baguette V

Vegetables

Chips & Baked Beans Ve

Dessert

Chocolate Sponge V

Freshly Baked Bread:

Pesto Bread V Wholemeal Bread V

Week 1:

9<sup>th</sup> October, 30<sup>th</sup> October, 20<sup>th</sup> November, 11<sup>th</sup> December

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 Ve, Yoghurt V or  
Jelly Ve

Week 2

Monday

Main Meals

Beef Burger in a Bun with Baked Jacket Wedges  
Vegetable Burger in a Bun Ve with Baked Jacket  
Wedges  
Wholewheat Pasta with Arrabiatta Sauce Ve

Sandwiches

Cheese Sandwich V  
Ham Salad Wrap

Vegetables

Carrot Sticks Ve

Dessert

Lemon Drizzle Sponge  
V

Tuesday

Main Meals

Beef Lasagne  
Vegetable Fajita Wrap Ve  
Jacket Potato with Cheese V

Sandwiches

Egg Mayonnaise Sandwich V  
Cheese Salad Wrap V

Vegetables

Sweetcorn Ve

Dessert

Flapjack Ve

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Ratatouille Pasta Bake Ve  
Jacket Potato with Baked Beans Ve

Sandwiches

Cheese & Tomato Bloomer V  
Ham Sandwich

Vegetables

Pan Fried Leeks Ve

Dessert

Orange Shortbread  
Biscuit Ve

Thursday

Main Meals

Chicken Tikka Masala & Rice  
Vegetable Pasanda with Rice Ve  
Pasta with Tomato & Vegetable Sauce Ve

Sandwiches

Cheese Sandwich V  
Chicken Mayonnaise Baguette

Vegetables

Broccoli Ve

Dessert

Apple Crumble Ve with  
Custard V

Friday

Main Meals

Breaded Fish Fingers  
Spiced Squash & Spinach Samosa Ve  
Pasta with Cheese Sauce V

Sandwiches

Egg Mayonnaise Sandwich V  
Ham Salad Baguette

Vegetables

Chips & Baked Beans Ve

Dessert

Apple Cake V

Freshly Baked Bread:

Tomato & Herb Bread V Wholemeal Bread V

Week 2:

16<sup>th</sup> October, 6<sup>th</sup> November, 27<sup>th</sup> November, 18<sup>th</sup> December

Week 3

V - Suitable for vegetarians  
Ve - Suitable for vegans & vegetarians

Monday

Main Meals

Cumberland Sausages with Mashed Potato & Gravy  
Vegan Sausages with Mashed Potato & Gravy Ve  
Pasta with Cheese Sauce V

Sandwiches

Ham Salad Wrap  
Cheese & Tomato Bloomer V

Vegetables

Peas Ve

Dessert

Apple & Carrot Flapjack Ve

Tuesday

Main Meals

Beef Chilli with Steamed Rice  
Vegetable Chilli with Steamed Rice Ve  
Jacket Potato with Cheese V

Sandwiches

Tuna Sweetcorn Baguette  
Cheese Sandwich V

Vegetables

Steamed Carrots Ve

Dessert

Chocolate Brownie V

Wednesday

Main Meals

Sticky Glazed Chicken  
Margherita Pizza V  
Pasta with Tomato & Basil Sauce Ve

Sandwiches

Tuna Mayonnaise Sandwich  
Cheese Salad Wrap V

Vegetables

Spicy Potato Wedges Ve  
& Coleslaw V

Dessert

Cherry Cornflake Cake V

Thursday

Main Meals

Creamy Pesto Chicken with Fusilli Pasta  
Vegetable Pasta Bake V  
Jacket Potato with Baked Beans Ve

Sandwiches

Chicken Mayonnaise Baguette  
Ham Sandwich

Vegetables

Pan Fried Leeks Ve

Dessert

Vanilla Ice Cream V

Friday

Main Meals

Breaded Fish Fingers  
Vegetable & Bean Stuffed Pitta Pocket Ve  
Pasta with Tomato & Lentil Sauce Ve

Sandwiches

Ham Salad Bloomer  
Cheese Sandwich V

Vegetables

Chips & Baked Beans Ve

Dessert

Chocolate Shortbread  
Biscuit Ve

Freshly Baked Bread:

Garlic & Rosemary Bread V Wholemeal Bread V

Week 3:

2<sup>nd</sup> October, 23<sup>rd</sup> October, 13<sup>th</sup> November, 4<sup>th</sup> December



BM1 Hamstel  
Oct 2023

All products are subject  
to availability

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HONESTLY GOOD FOOD