

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

Week 1

Monday

Main Meals

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

Vegetables

Sweetcorn Ve

Dessert

Chocolate Rice Krispie Cake V

Tuesday

Main Meals

Beef Bolognaise with Spaghetti
Vegetable Fajita Wrap Ve
Jacket Potato with Cheese 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

Vegetables

Seasonal Greens Ve

Dessert

Vanilla Ice Cream V

Thursday

Main Meals

Creamy Pesto Chicken with Fusilli Pasta
Mushroom & Vegetable Chow Mein V
Pasta with Roasted Tomato & Basil Sauce Ve

Vegetables

Steamed Carrots Ve

Dessert

Maryland Cookie (G,mk) V

Friday

Main Meals

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

Vegetables

Chips & Baked Beans Ve

Dessert

Chocolate & Courgette Sponge V

Freshly Baked Bread: Pesto Bread V Wholemeal Bread V

Week 1:

9th October, 30th October, 20th November, 11th 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 with Baked Jacket Wedges Ve
Wholewheat Pasta with Arrabiatta Sauce Ve

Vegetables

Carrot Sticks Ve

Dessert

Lemon Drizzle Sponge V

Tuesday

Main Meals

Beef Lasagne
Vegan Bolognaise with Spaghetti Ve
Jacket Potato with Cheese 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

Vegetables

Pan Fried Leeks Ve

Dessert

Orange Shortbread Biscuit Ve

Thursday

Main Meals

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

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

Vegetables

Chips & Baked Beans Ve

Dessert

Apple & Parsnip Cake V

Freshly Baked Bread: Tomato & Herb Bread V Wholemeal Bread V

Week 2:

16th October, 6th November, 27th November, 18th 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

Vegetables

Peas Ve

Dessert

Apple & Carrot Flapjack Ve

Tuesday

Main Meals

Beef Meatballs with Tomato Sauce & Penne Pasta
Vegetable Chilli with Steamed Rice Ve
Jacket Potato with Cheese V

Vegetables

Steamed Carrots Ve

Dessert

Chocolate & Beetroot Brownie V

Wednesday

Main Meals

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

Vegetables

Spicy Potato Wedges Ve & Coleslaw V

Dessert

Cherry Cornflake Cake V

Thursday

Main Meals

Chicken Tikka Masala & Rice
Vegetable Pasta Bake V
Jacket Potato with Baked Beans Ve

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

Vegetables

Chips & Baked Beans Ve

Dessert

Chocolate Shortbread Biscuit Ve

Freshly Baked Bread:

Garlic & Rosemary Bread V Wholemeal Bread V

Week 3:

2nd October, 23rd October, 13th November, 4th December

