

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

Monday

Main Meals

Sausage (G,SU) & Mash with Onion Gravy
 Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) V
 Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

Sweetcorn & Peas Ve

Dessert

Vanilla Ice Cream (MK) with Fruit Compote V
 Fruit Platter Ve

Tuesday

Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G)
 Sweet Potato & Vegetable Curry (C) with Steamed Rice Ve
 Jacket Potato with Baked Beans Ve

Vegetables

Cauliflower & Green Beans Ve

Dessert

Fruit Burst Jelly Ve
 Homemade Fruit Yoghurt (MK,SO) V, Fruit Platter Ve

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy
 BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy Ve
 Wholegrain Pasta (G) with Tomato Sauce (C) Ve

Vegetables

Seasonal Greens & Carrots Ve

Dessert

Apple & Oaty Topped Crumble (G) Ve with Custard (MK) V
 Fruit Platter Ve

Thursday

Main Meals

Beef Bolognese (C) with Spaghetti (G)
 Vegan Bolognese (SO,g) with Spaghetti (G) Ve
 Jacket Potato with Cheese (MK) V

Vegetables

Broccoli & Sweetcorn Ve

Dessert

Chocolate & Beetroot Brownie (G,E) V, Homemade Fruit Yoghurt (MK,SO) V
 Fruit Platter Ve

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips
 Vegetable Burrito Wrap (G,SO) Ve
 Pasta (G) with Tomato Sauce (C) Ve

Vegetables

Peas & Baked Beans Ve

Dessert

Maryland Cookie (G,mk) V, Homemade Fruit Yoghurt (MK,SO) V, Fruit Platter Ve

Freshly Baked Bread:

Garlic & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 1:

1st September, 19th September, 10th October, 31st October, 21st November, 12th December

Monday

Main Meals

BBQ Chicken Pizza (G,MK)
 Margherita Pizza (G,MK) V
 Jacket Potato with Tuna Mayonnaise (F,E)

Vegetables

Sweetcorn Ve & Coleslaw (E) V

Dessert

Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) V, Fruit Platter Ve

Tuesday

Main Meals

Sweet & Sour Chicken (G,C) with Steamed Rice
 Sweet & Sour Vegetables (G,C) with Steamed Rice Ve
 Wholegrain Pasta (G) with Tomato Sauce (C) Ve

Vegetables

Cauliflower & Peas Ve

Dessert

Oat & Cherry Cookie (G,SU) Ve, Homemade Fruit Yoghurt (MK,SO) V, Fruit Platter Ve

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
 Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy V
 Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

Seasonal Greens & Carrots Ve

Dessert

Banana Flapjack (G) Ve
 Fruit Platter Ve

Thursday

Main Meals

Beef Burger in a Bun (G,se)
 Vegetable Lasagne (G,MK,e) V
 Jacket Potato with Baked Beans Ve

Vegetables

Broccoli & Sweetcorn Ve

Dessert

Apple & Parsnip Sponge (G,E) V
 Homemade Fruit Yoghurt (MK,SO) V, Fruit Platter Ve

Friday

Main Meals

Battered Fish (G,F) with Oven Baked Chips
 Vegetable Goujon with Oven Baked Chips Ve
 Pasta (G) with Roasted Tomato Sauce Ve

Vegetables

Baked Beans & Peas Ve

Dessert

Vanilla Ice Cream (MK) with Peach Compote V
 Homemade Fruit Yoghurt (MK,SO) V, Fruit Platter Ve

Freshly Baked Bread:

Carrot & Thyme Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:

5th September, 26th September, 17th October, 7th November, 28th November

Monday

Main Meals

Cottage Pie topped with Sliced Sweet Potato (SU)
 Macaroni & Cheese (G,MK) V
 Jacket Potato with Baked Beans Ve

Vegetables

Peas & Carrots Ve

Dessert

Sticky Banana Bread (G,SO,MK,e) V
 Fruit Platter Ve

Tuesday

Main Meals

Mild Chicken & Vegetable Curry (MU) with Steamed Rice
 Spicy Vegetable Jambalaya (g) Ve
 Jacket Potato with Salmon Mayonnaise (F,E)

Vegetables

Cauliflower & Broccoli Ve

Dessert

Chocolate Shortbread (G) Ve
 Homemade Fruit Yoghurt (MK,SO) V, Fruit Platter Ve

Wednesday

Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy
 Roasted Ratatouille with Crumble (G) Ve
 Wholegrain Pasta (G) with Cheese Sauce (G,MK) V

Vegetables

Seasonal Greens & Mashed Swede Ve

Dessert

Mandarin Jelly Ve
 Fruit Platter Ve

Thursday

Main Meals

Beef Lasagne (G,MK,e)
 BBQ Pulled Carrot & Vegetable Taco (g) Ve
 Jacket Potato with Baked Beans Ve

Vegetables

Sweetcorn Ve & Coleslaw (E) V

Dessert

Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) V
 Homemade Fruit Yoghurt (MK,SO) V
 Fruit Platter Ve

Friday

Main Meals

Fish Fingers (G,F) with Oven Baked Chips
 BBQ Vegetable Quesadillas (G,MK) V
 Pasta (G) with Tomato Sauce (C) Ve

Vegetables

Baked Beans & Peas Ve

Dessert

Chocolate Mousse (MK) V
 Homemade Fruit Yoghurt (MK,SO) V
 Fruit Platter Ve

Freshly Baked Bread:

Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:

12th September, 3rd October, 24th October, 14th November, 5th December

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

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)

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.

BM1 St. Mark's CE Primary School September 2022

pabulummm
 HONESTLY GOOD FOOD

All products are subject to availability.