

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

Week 1

Monday

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

Vegetables
Sweetcorn Ve

Dessert
Chocolate Rice Krispie Cake V

Tuesday

Main Meals
Beef Bolognese with Spaghetti
Vegan Bolognese with Spaghetti 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
Chicken Fajita Wrap
Vegetable Biryani Ve
Pasta with Roasted Tomato & Basil Sauce Ve

Vegetables
Steamed Carrots Ve

Dessert
Maryland Cookie 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:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th October

Available Every Day:
Fresh Fruit Ve
Yoghurt V or Jelly Ve

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.

Week 2

Monday

Main Meals
Beef Burger in a Bun
Vegetable Burger in a Bun Ve
Wholewheat Pasta with Arrabiatta Sauce Ve

Vegetables
Carrot Sticks Ve

Dessert
Lemon Drizzle Sponge V

Tuesday

Main Meals
Beef Meatballs with Tomato Sauce & Penne
Vegetable Fajita Wrap 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
Creamy Chicken with Fusilli Pasta
Vegetable Frittata V
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:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October

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

Week 3

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 Lasagne
Vegan Bolognese with Spaghetti Ve
Jacket Potato with Cheese V

Vegetables
Steamed Carrots Ve

Dessert
Chocolate & Beetroot Brownie V

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Margherita Pizza V
Pasta with Tomato & Basil Sauce Ve

Vegetables
Broccoli Ve

Dessert
Cherry Cornflake Cake V

Thursday

Main Meals
BBQ Pulled Pork with a Wrap
Vegetable Pasta Bake V
Jacket Potato with Baked Beans Ve

Vegetables
Seasonal Greens 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:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd October

BM1 St Mark's
February 2023
All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

