

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

Vegan Bolognaise 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

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 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

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 Lasagne

Vegan Bolognaise 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

