

Week 1

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

FRESH FRUIT, YOGHURT
& JELLY
AVAILABLE EVERY DAY!



OPTION 1

OPTION 2

OPTION 3

DESSERT

MONDAY



Baked Sausages
with Crushed Potatoes & Gravy

TUESDAY



Beef & Bean Chilli
with Wraps

WEDNESDAY



Roast Chicken Fillets
with Gravy

THURSDAY



Beef & Vegetable Ragu
with Penne Pasta

FRIDAY



Fish Fingers, Chips & Ketchup



3 Veg Macaroni Cheese



Vegan Bean Chilli
with Steamed Rice



Vegan Squash, Sweet Potato
& Bean Hot Pot



Vegan Vegetable Chickpea
with Penne Pasta



Vegan Vegetable Fingers,
Chips & Ketchup



Pasta with Tomato
& Basil Sauce



Jacket Potato
with Baked Beans



Pasta with Tomato
& Basil Sauce



Jacket Potato
with Cheddar Cheese



Pasta with Tomato
& Basil Sauce



Chocolate & Sweet Potato
Brownie



Courgette
& Oat Cookie



Vanilla Ice Cream



Apple & Parsnip Sponge



Fruit Jelly

PLUS THE PABULUM SALAD BAR & FRESHLY BAKED BREAD

Week 2

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

FRESH FRUIT, YOGHURT
& JELLY
AVAILABLE EVERY DAY!



OPTION 1

OPTION 2

OPTION 3

DESSERT

MONDAY



Beef Bolognese
& Penne Pasta Bake

TUESDAY



Traditional Beef Lasagne

WEDNESDAY



Honey Roast Gammon
with Gravy

THURSDAY



Cajun Chicken with Wraps
& Spiced Wedges

FRIDAY



Fish Fingers, Chips & Ketchup



Vegan Bolognese
with Spaghetti



Vegan Spiced Squash
& Potato Samosa



Vegan Bombay
Chickpea Burrito



Vegetarian Toad in a Hole
with Mashed Potato & Gravy



Vegan Boston BBQ3 Bean Stew
with Baked Jackets



Jacket Potato
with Baked Beans



Pasta with Squash
& Tomato Sauce



Pasta with Squash
& Tomato Sauce



Jacket Potato
with Cheddar Cheese



Pasta & Tomato Sauce



Maryland Cookie



Carrot
& Apple Flapjack



Banana & Cinnamon Sponge



Cherry Shortbread



Vanilla Ice Cream

PLUS THE PABULUM SALAD BAR & FRESHLY BAKED BREAD

Week 3

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

FRESH FRUIT, YOGHURT
& JELLY
AVAILABLE EVERY DAY!



OPTION 1

OPTION 2

OPTION 3

DESSERT

MONDAY



Homemade Pepperoni Pizza
with Baked Wedges

TUESDAY



Sticky Soy, Vegetable & Beef
Stir Fry with Steamed Rice

WEDNESDAY



Slow Roast Beef & Root
Vegetables with Gravy

THURSDAY



Chicken & Sweetcorn Meatballs
in Tomato Sauce with Penne Pasta

FRIDAY



Fish Fingers, Chips & Ketchup



Margherita Pizza
with Baked Wedges



Vegan Roasted Ratatouille
with Herby Crumble Topping



Vegan Country Vegetable
& Bean Pie



Vegetable Chow Mein



Mexican Roasted Vegetable
& Bean Quesadilla



Pasta with Tomato
& Vegetable Sauce



Jacket Potato
with Baked Beans



Pasta with Tomato
& Vegetable Sauce



Jacket Potato with Salmon
Mayonnaise or Baked Beans



Wholewheat Pasta with Tomato
& Vegetable Sauce



Cinnamon Apple Crumble
with Custard



Sultana
& Oat Cookie



Fruit Jelly



Orange Drizzle Cake



Chocolate & Courgette Rice
Krispie Cake

PLUS THE PABULUM SALAD BAR & FRESHLY BAKED BREAD