

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

Meat Free Monday (MF)

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - www.schoolfoodplan.com

Main Meals
Roasted Vegetable & Bean Hotpot V
Sweetcorn & Courgette Fritter with Side Salad V

Vegetables
Peas V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

MF Monday

Main Meals
Cauliflower Macaroni & Cheese with Homemade Garlic Bread V
Sweet & Sour Mixed Vegetables with Steamed Rice V

Vegetables
Green Beans V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

MF Monday

Main Meals
Chick Pea & Vegetable Curry with Rice V
Homemade Vegan Burger with Baked Sweet Potato V

Vegetables
Broccoli Florets V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

MF Monday

Main Meals
Beef Enchiladas
Squash & Lentil Curry with Steamed Rice V

Vegetables
Chinese Cabbage V
Dessert
Cheese & Crackers with Cucumber Sticks V

Tuesday

Main Meals
Beef & Bean Chilli Con Carne served with Baked Potato
Vegan Chilli Con Carne served with Baked Potato V

Vegetables
Sweetcorn V
Dessert
Cheese & Crackers with Cucumber Sticks V

Tuesday

Main Meals
Spaghetti Bolognese
Vegan Mince & Vegetable Pasta Bake V

Vegetables
Carrots & Peas V
Dessert
Cheese & Crackers with Cucumber Sticks V

Tuesday

Main Meals
Roast Chicken Fillets with Roast Potatoes & Gravy
Vegan Cornish Pasty with Roast Potatoes V

Vegetables
Green Cabbage & Carrots V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

Wednesday

Main Meals
Roast Turkey with Roast Potatoes & Gravy
Potato & Leek Frittata V

Vegetables
Roasted Butternut Squash & Kale V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

Wednesday

Main Meals
Roast Chicken with Roast Potatoes & Gravy
Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy V

Vegetables
Green Cabbage & Roast Carrots V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

Wednesday

Main Meals
Chicken & Beef Sausage with Mash & Gravy
Lentil & Layered Vegetable Baked Ratatouille V

Vegetables
Green Beans & Cauliflower V
Dessert
Berry Crumble Slice V

Thursday

Main Meals
Chicken & Vegetable Curry with Steamed Rice
Lentil & Vegetable Lasagne with Garlic Bread V

Vegetables
Carrots & Cauliflower V
Dessert
Banana & Sultana Cake V

Thursday

Main Meals
Sweet & Sour Chicken with Steamed Rice
Margherita Pizza with Potato Salad V

Vegetables
Sweetcorn V
Dessert
Vanilla Shortbread Biscuit V

Thursday

Main Meals
Fish Finger Bap with Homemade Tartare Sauce & Side Salad
Vegetarian Finger Bap with Homemade Ketchup & Side Salad V

Vegetables
Baked Beans & Sweetcorn V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

Friday

Main Meals
Oven Baked Battered Fish with Baked Chips
Roasted Vegetable & Chick Pea Wrap V

Vegetables
Baked Beans & Garden Peas V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

Friday

Main Meals
Fish Fingers with Oven Baked Chips
Vegetable & Lentil Croquette with Oven Baked Chips V

Vegetables
Baked Beans & Garden Peas V
Dessert
Fresh Natural Yoghurt with Homemade Fruit Puree V

Friday

Freshly Baked Bread:
Pumpkin & Carrot V Wholemeal V

Freshly Baked Bread:
Courgette, Oat & Thyme V Wholemeal V

Freshly Baked Bread:
Sunflower, Rosemary & Tomato V Wholemeal V

Week 1:
12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

Week 2:
19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

Week 3:
26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

Available Every Day

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians
All products are subject to availability.

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.

BM25JOHNS&S/Clements

April 2021

pabulum
NUTRITION
SCHOOL FOOD PLAN