

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

**Monday**

**Main Meals**  
 Beef Lasagne with Garlic Bread  
 Roasted Squash & Basil Risotto **Ve**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Carrots & Green Beans **Ve**

**Dessert**  
 Chocolate & Beetroot  
 Sponge with Custard **V**

**Tuesday**

**Main Meals**  
 Chicken Tikka Masala with Rice  
 Chargrilled Vegetable Quesadilla with Rice **Ve**  
 Pasta with a choice of toppings **V**

**Vegetables**  
 Lentil Dhal & Broccoli **Ve**

**Dessert**  
 Courgette & Orange Cake **V**

**Wednesday**

**Main Meals**  
 Gammon with Orange & Herb Glaze  
 served with Roasted Potatoes & Gravy  
 Spiced Moroccan Chickpea Curry  
 with Lemon Couscous **Ve**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Green Cabbage & Carrots **Ve**

**Dessert**  
 Yoghurt, Fruit & Granola **V**

**Thursday**

**Main Meals**  
 Beef Burger in a Bun  
 Crispy Chickpea Burger in a Bun **Ve**  
 Pasta with a choice of toppings **V**

**Vegetables**  
 Sweetcorn  
 & Jacket Wedges **V**

**Dessert**  
 Apple & Oat Crumble  
 with Custard **V**

**Friday**

**Main Meals**  
 Fish Fingers  
 with Homemade Tomato Ketchup & Chips  
 Mexican Sweetcorn, Carrot & Courgette Fritter  
 with Chargrilled Tortilla & Chips **Ve**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Baked Beans & Peas **Ve**

**Dessert**  
 Chocolate & Carrot Brownie **V**

**Freshly Baked Bread** - Pumpkin & Carrot **V** Wholemeal **V**  
**Jacket Potato Toppings** - Baked Beans **Ve** or Grated Cheese **V**  
**Pasta Toppings** - Homemade Tomato & Vegetable Sauce **Ve** or Cheddar Cheese **V**

Week 1: 14<sup>th</sup> Dec, 4<sup>th</sup> Jan, 25<sup>th</sup> Jan, 15<sup>th</sup> Feb, 8<sup>th</sup> Mar, 29<sup>th</sup> Mar

**Monday**

**Main Meals**  
 Margherita Pizza with Jacket Wedges **V**  
 Macaroni Cheese **V**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Coleslaw & Carrots **Ve**

**Dessert**  
 Banana Flapjack **Ve**

**Tuesday**

**Main Meals**  
 Classic Spaghetti Beef Bolognese  
 Sweet Potato Topped Vegetable Pie **Ve**  
 Pasta with a choice of toppings **V**

**Vegetables**  
 Peas & Cauliflower **Ve**

**Dessert**  
 Carrot & Ginger Sponge **V**

**Wednesday**

**Main Meals**  
 Herby Chicken Breast  
 with Roasted New Potatoes, Stuffing & Gravy  
 Mediterranean Vegetable Tart **Ve**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Carrots & Green Cabbage **Ve**

**Dessert**  
 Strawberry Cheesecake **V**

**Thursday**

**Main Meals**  
 Cumberland Sausages  
 with Mashed Potatoes & Onion Gravy  
 Vegetarian Sausages  
 with Steamed New Potatoes **Ve**  
 Pasta with a choice of toppings **V**

**Vegetables**  
 Roasted Seasonal Vegetables  
 & Sweetcorn **Ve**

**Dessert**  
 Peach Sponge Cake **V**

**Friday**

**Main Meals**  
 Battered Fish with Homemade Tomato Ketchup  
 or Salmon Fishcake in a Bun & Chips  
 Falafel & Carrot Wrap with Salsa & Chips **Ve**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Baked Beans & Peas **Ve**

**Dessert**  
 Sticky Toffee Pudding  
 with Toffee Sauce **V**

**Freshly Baked Bread** - Courgette, Oat & Thyme **V** Wholemeal **V**  
**Jacket Potato Toppings** - Baked Beans **Ve** or Grated Cheese **V**  
**Pasta Toppings** - Homemade Tomato & Vegetable Sauce **Ve** or Cheddar Cheese **V**

Week 2: 30<sup>th</sup> Nov, 21<sup>st</sup> Dec, 11<sup>th</sup> Jan, 1<sup>st</sup> Feb, 22<sup>nd</sup> Feb, 15<sup>th</sup> Mar

**Monday**

**Main Meals**  
 Beef & Vegetable Cottage Pie  
 Jackfruit Katsu Curry with Rice **Ve**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Broccoli & Mixed Salad **Ve**

**Dessert**  
 Caramelised Pineapple  
 Sponge with Custard **V**

**Tuesday**

**Main Meals**  
 Mild Jerk Chicken with Rice & Peas  
 Vegetarian Spicy Special Fried Rice **Ve**  
 Pasta with a choice of toppings **V**

**Vegetables**  
 Sweetcorn **Ve**

**Dessert**  
 Apple Pie Cinnamon Roll **V**

**Wednesday**

**Main Meals**  
 Roast Chicken  
 served with Roasted Potatoes & Gravy  
 Tofu & Vegetable Noodle Stir Fry **Ve**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Cauliflower & Peas **Ve**

**Dessert**  
 Fresh Fruit Salad **V**

**Thursday**

**Main Meals**  
 Chicken & Sweetcorn Meatballs  
 in a Sweet & Sour sauce with Noodles  
 Pitta Pizza topped with Houmous  
 & Roasted Vegetables **Ve**  
 Pasta with a choice of toppings **V**

**Vegetables**  
 Green Beans **Ve**

**Dessert**  
 Lemon Drizzle Cake **V**

**Friday**

**Main Meals**  
 Fish Fingers  
 with Homemade Tomato Ketchup & Chips  
 Homemade Crispy Vegetable Nuggets  
 with Chips **Ve**  
 Jacket Potato with choice of toppings **V**

**Vegetables**  
 Baked Beans & Peas **Ve**

**Dessert**  
 Chocolate Shortbread  
 Biscuit **Ve**

**Freshly Baked Bread** - Sunflower, Rosemary & Tomato **V** Wholemeal **V**  
**Jacket Potato Toppings** - Baked Beans **Ve** or Grated Cheese **V**  
**Pasta Toppings** - Homemade Tomato & Vegetable Sauce **Ve** or Cheddar Cheese **V**

Week 3: 7<sup>th</sup> Dec, 28<sup>th</sup> Dec, 18<sup>th</sup> Jan, 8<sup>th</sup> Feb, 1<sup>st</sup> Mar, 22<sup>nd</sup> Mar

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

**Available Every Day**  
 Fresh Fruit Platter **Ve**  
 Fresh Natural Yoghurt with Fruit Puree **V**

**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.