

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

Week One

Vegetables

Carrots & Green Beans Ve

Dessert

Chocolate & Beetroot
Sponge V

Main Meals

Beef Lasagne with Garlic Bread
Vegetarian Sausage
Roasted Squash & Basil Risotto Ve

Jacket Potato with a choice of toppings V

Vegetables

Lentil Dhal & Broccoli Ve

Dessert

Courgette & Orange Cake V

Main Meals

Chicken Tikka Masala with Rice

Chargrilled Vegetable Quesadilla with Rice Ve

Pasta with a choice of toppings V

Vegetables

Green Cabbage & Carrots Ve

Dessert

Ice Cream with Fruit V

Lemon Drizzle Cake

Main Meals

Roasted Gammon
with Roasted Potatoes & Gravy

Spiced Moroccan Chickpea Curry
with Lemon Couscous Ve

Jacket Potato with a choice of toppings V

Vegetables

Sweetcorn & Coleslaw Ve

Dessert

Apple & Oat Crumble V

Shortbread biscuit

Main Meals

Beef Burger in a Bun

Crispy Chickpea Burger in a Bun Ve

Pasta with a choice of toppings V

Vegetables

Baked Beans
& Crushed Minted Peas Ve

Dessert

Chocolate & Carrot Brownie V

Main Meals

Fish Fingers
with Homemade Tomato Ketchup & Chips
Vegan sausage roll

Mexican Sweetcorn, Carrot & Courgette Fritter
with Chargrilled Tortilla & Chips Ve

Jacket Potato with a choice of toppings V

Freshly Baked Bread - Pumpkin & Carrot V Wholemeal V

Jacket Potato Toppings - Baked Beans Ve and Grated Cheese V

Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve V

Week 1: 20th Apr, 11th May, 1st Jun, 22nd Jun, 13th Jul, 31st Aug, 21st Sep, 12th Oct

Week Two

Vegetables

Coleslaw & Carrots Ve

Dessert

Sticky Toffee Pudding V
Chocolate &
Beetroot sponge

Main Meals

Margherita Pizza V
Vegetarian burger
Mexican 5 Bean & Vegetable Tostada
with Pomegranate Ve

Jacket Potato with a choice of toppings V

Vegetables

Peas & Cauliflower Ve

Dessert

Carrot & Ginger Sponge V
Courgette & Orange cake

Main Meals

Classic Spaghetti Beef Bolognese

Sweet Potato Topped Vegetable Pie Ve

Pasta with a choice of toppings V

Vegetables

Carrots & Green Cabbage Ve

Dessert

Chocolate Orange
Cheesecake V
Lemon Drizzle Cake

Main Meals

Herby Chicken Breast
with Roasted New Potatoes, Stuffing & Gravy
Veggie Tacos

Mediterranean Vegetable Tart Ve

Jacket Potato with a choice of toppings V

Vegetables

Roasted Seasonal Vegetables
& Sweetcorn Ve

Dessert

Peach Sponge Cake V
Shortbread biscuit

Main Meals

Cumberland Sausages
with Mashed Potatoes & Onion Gravy

Vegetarian Sausages
with Steamed New Potatoes Ve

Pasta with a choice of toppings V

Vegetables

Baked Beans
& Crushed Minted Peas Ve

Dessert

Banana Flapjack Ve
Chocolate & Carrot
Brownie

Main Meals

Battered Fish with Homemade Tomato Ketchup
or Salmon fish cake in a bun with chips
Macaroni cheese

Falafel & Carrot Wrap with Salsa & Chips Ve

Jacket Potato with a choice of toppings V

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

Jacket Potato Toppings - Baked Beans Ve and Grated Cheese V

Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve V

Week 2: 27th Apr, 18th May, 8th Jun, 29th Jun, 20th Jul, 7th Sep, 28th Sep, 19th Oct

Updated menu - Autumn term 2020 v3

Week Three

Vegetables

Broccoli & Mixed Salad Ve

Dessert

Caramelised Pineapple
Sponge V
Chocolate & Beetroot
sponge

Main Meals

Beef & Vegetable Cottage Pie
Sweet potato topped Vegetarian pie
Jackfruit Katsu Curry with Rice Ve

Jacket Potato with a choice of toppings V

Vegetables

Sweetcorn Ve

Dessert

Apple Pie Cinnamon Roll V
Courgette & Orange cake

Main Meals

Mild ^{Cajun} Jerk Chicken with Rice & Peas
Vegetarian curry and rice
Vegetarian Spicy Special Fried Rice Ve

Pasta with a choice of toppings V

Vegetables

Cauliflower & Peas Ve

Dessert

Ice Cream with Fruit V
Lemon Drizzle Cake

Main Meals

Roast Chicken
served with Roasted Potatoes & Gravy
Vegan sausage roll

Tofu & Vegetable Noodle Stir Fry Ve

Jacket Potato with a choice of toppings V

Vegetables

Green Beans Ve

Dessert

Chocolate Shortbread
Biscuit Ve

Main Meals

Chicken & Sweetcorn Meatballs
in a Sweet & Sour sauce with Noodles
Vegetarian burger
Pitta Pizza topped with Hummus
& Roasted Vegetables Ve

Pasta with a choice of toppings V

Vegetables

Baked Beans
& Crushed Minted Peas Ve

Dessert

Lemon Drizzle Cake V
Chocolate & Carrot
Brownie

Main Meals

Fish Fingers
with Homemade Tomato Ketchup & Chips

Homemade Crispy Vegetable Nuggets
with Chips Ve

Jacket Potato with a choice of toppings V

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

Jacket Potato Toppings - Baked Beans Ve and Grated Cheese V

Pasta Toppings - Homemade Tomato & Vegetable Sauce Ve V

Week 3: 13th Apr, 4th May, 25th May, 15th Jun, 6th Jul, 14th Sep, 5th Oct

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

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.

BM1 Cranmere

April 2020

pabulum mm
HONESTLY GOOD FOOD

All products are subject to availability