

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

Monday

Main Meals

Chicken & Beef Sausage with Mash & Onion Gravy

Tex Mex Vegetarian Sausage Hot Pot **V**

Pasta with Cheese Sauce **V**

Vegetables

Sweetcorn & Peas **Ve**

Tuesday

Main Meals

Mild Chicken & Vegetable Curry with Steamed Rice

Sweet Potato & Vegetable Curry with Steamed Rice **Ve**

Jacket Potato with Baked Beans **Ve**

Vegetables

Cauliflower & Green Beans **Ve**

Dessert

Fruit Burst Jelly **Ve**

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy

BBQ Roast Sweet Potato & Bean Loaf with Roast Potatoes & Gravy **Ve**

Wholegrain Pasta with Tomato Sauce **Ve**

Vegetables

Seasonal Greens & Carrots **Ve**

Thursday

Main Meals

Beef Bolognese with Spaghetti

Homemade Vegan Burger in a Bun **Ve**

Jacket Potato with Cheese **V**

Vegetables

Broccoli & Sweetcorn **Ve**

Dessert

Chocolate & Beetroot Brownie **V**

Friday

Main Meals

Fish Fingers with Oven Baked Chips

Vegetable Burrito Wrap **Ve**

Pasta with Tomato Sauce **Ve**

Vegetables

Peas & Baked Beans **Ve**

Freshly Baked Bread:

Garlic & Herb Bread **V** Wholemeal Bread **V**

Week 1:

19th April, 9th May, 6th June, 27th June, 18th July, 30th August, 19th September, 10th October, 31st October

Monday

Main Meals

BBQ Chicken Pizza

Margherita Pizza **V**

Jacket Potato with Tuna Mayonnaise

Vegetables

Sweetcorn **Ve** & Coleslaw **V**

Tuesday

Main Meals

Turkey & Vegetable Pie Topped with Puff Pastry

Sweet & Sour Vegetables with Steamed Rice **Ve**

Wholegrain Pasta with Tomato Sauce **Ve**

Vegetables

Cauliflower & Peas **Ve**

Dessert

Oat & Cherry Cookie **Ve**

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy

Cauliflower & Cheese Bake with Roast Potatoes & Gravy **V**

Pasta with Cheese Sauce **V**

Vegetables

Seasonal Greens & Carrots **Ve**

Thursday

Main Meals

Beef & Bean Chilli with Rice

Vegan Chilli Con Carne with Rice **Ve**

Jacket Potato with Baked Beans **Ve**

Vegetables

Broccoli & Sweetcorn **Ve**

Dessert

Apple & Parsnip Sponge **V**

Friday

Main Meals

Battered Fish with Oven Baked Chips

Vegetable Goujon with Oven Baked Chips **Ve**

Pasta with Roasted Tomato Sauce **Ve**

Vegetables

Baked Beans & Peas **Ve**

Freshly Baked Bread:

Carrot & Thyme Bread **V** Wholemeal Bread **V**

Week 2:

25th April, 16th May, 13th June, 4th July, 5th September, 26th September, 17th October

Monday

Main Meals

Cottage Pie topped with Sliced Sweet Potato

Macaroni & Cheese **V**

Jacket Potato with Baked Beans **Ve**

Vegetables

Peas & Carrots **Ve**

Tuesday

Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce & Pasta

Vegetable Jambalaya **Ve**

Jacket Potato with Salmon Mayonnaise

Vegetables

Cauliflower & Broccoli **Ve**

Dessert

Chocolate Shortbread **Ve**

Wednesday

Main Meals

Thyme Roast Chicken Breast with Roast Potatoes & Gravy

Roasted Ratatouille with Crumble **Ve**

Wholegrain Pasta with Cheese Sauce **V**

Vegetables

Seasonal Greens & Mashed Swede **Ve**

Thursday

Main Meals

Beef Burger in a Bun

Vegan Bolognese with Spaghetti **Ve**

Jacket Potato with Baked Beans **Ve**

Vegetables

Sweetcorn **Ve** & Coleslaw **V**

Dessert

Jammy Bread & Butter Pudding with Custard **V**

Friday

Main Meals

Fish Fingers with Oven Baked Chips

BBQ Vegetable Quesadilla **V**

Pasta with Tomato Sauce **Ve**

Vegetables

Baked Beans & Peas **Ve**

Freshly Baked Bread:

Tomato & Herb Bread **V** Wholemeal Bread **V**

Week 3:

3rd May, 23rd May, 20th June, 11th July, 12th September, 3rd October, 24th October

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.

BM2 Muswell Hill
Available Every Day
Fresh Fruit Platter **Ve**
Homemade Fruit Yoghurt **V**

April 2022

pabulummm
HONESTLY GOOD FOOD