

MADE FRESH EVERY DAY

Meat Free Monday

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

WEEK 1:

17TH APR, 8TH MAY, 29TH MAY, 19TH JUN, 10TH JUL, 31ST JUL,
4TH SEP, 25TH SEP, 16TH OCT

Monday

- Pasta Bolognese ✓
- Cheese & Tomato Pizza with Potato Wedges ✓
- Sweetcorn & Carrots ✓
- Jacket Potato with Bolognese Sauce or Grated Cheese ✓
- Berry & Apple Crumble or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

Tuesday

- Chilli Con Carne with Rice
- Halal Chilli Con Carne with Rice
- Vegetable Bean Chilli with Rice ✓
- Mixed Leaf Salad & Garden Peas ✓
- Pasta with Tomato & Basil Sauce & Grated Cheese ✓
- Vanilla Shortbread, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

Wednesday

- Roast Chicken & Stuffing with Roast Potatoes
- Halal Roast Chicken & Stuffing with Roast Potatoes
- Vegetable Loaf with Roast Potatoes ✓
- Seasonal Vegetables ✓
- Pasta with Tomato Sauce & Grated Cheese ✓
- Strawberry Jelly, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

Thursday

- Chicken Sausages & Mashed Potato with Onion Gravy
- Halal Chicken Sausages & Mashed Potato with Onion Gravy
- Vegetable Sausages & Mashed Potato with Onion Gravy ✓
- Carrots & Sweetcorn ✓
- Jacket Potato with Baked Beans or Grated Cheese ✓
- Chocolate Cake or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

Friday

-  Fish Fingers with Chips
- Cheese & Onion Slice with Chips ✓
- Baked Beans & Garden Peas ✓
- Jacket Potato with Tuna Mayonnaise or Grated Cheese
- Banana Flapjack, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

WEEK 2:

24TH APR, 15TH MAY, 5TH JUNE 26TH JUN, 17TH JUL,
11TH SEP, 2ND OCT, 23RD OCT

Monday

- Macaroni Cheese ✓
- Italian Bean Wrap ✓
- Sweetcorn & Carrots ✓
- Jacket Potato with Baked Beans or Grated Cheese ✓
- Strawberry Crumb Cake or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

Tuesday

- Chicken Curry with Rice
- Halal Chicken Curry with Rice
- Curried Potato & Chickpeas with Rice ✓
- Mixed Leaf Salad & Garden Peas ✓
- Pasta with Tomato & Basil Sauce & Grated Cheese ✓
- Oaty Cookie, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

Wednesday

- Roast Beef with Roast Potatoes
- Halal Roast Beef with Roast Potatoes
- Vegetable Casserole Topped with Sliced Potatoes ✓
- Seasonal Vegetables ✓
- Pasta with Tomato Sauce & Grated Cheese ✓
- Raspberry Ripple Ice Cream, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

Thursday

- "Red Tractor" Chicken Burger in a Bun with Potato Wedges
- Halal "Red Tractor" Chicken Burger in a Bun with Potato Wedges
- Vegetable Burger in a Bun with Potato Wedges ✓
- Carrots & Sweetcorn ✓
- Jacket Potato with Baked Beans or Grated Cheese ✓
- Chocolate & Orange Cake or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

Friday

-  Fish Fingers with Chips
- Cheese & Vegetable Frittata with Chips ✓
- Baked Beans & Garden Peas ✓
- Jacket Potato with Tuna or Salmon Mayonnaise or Grated Cheese
- Apple Flapjack, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

WEEK 3:

1ST MAY, 22ND MAY, 12TH JUN, 3RD JUL, 24TH JUL,
18TH SEP, 9TH OCT, 30TH OCT

Monday

- Oven Baked Lasagne ✓
- Vegetable Sausage Pizza with Potato Wedges ✓
- Sweetcorn & Carrots ✓
- Jacket Potato with Bolognese Sauce or Grated Cheese ✓
- Apple Crumble or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

Tuesday

- Jerk Chicken in Gravy with Rice & Peas
- Halal Jerk Chicken in Gravy with Rice & Peas
- Sweet & Sour Vegetables with Rice ✓
- Mixed Leaf Salad & Garden Peas ✓
- Pasta with Tomato & Basil Sauce & Grated Cheese ✓
- Vanilla Shortbread, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

Wednesday

- Roast Chicken & Stuffing with Roast Potatoes
- Halal Roast Chicken & Stuffing with Roast Potatoes
- Vegetable & Cheese Bake ✓
- Seasonal Vegetables ✓
- Pasta with Tomato Sauce & Grated Cheese ✓
- Strawberry Jelly, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

Thursday

- Chicken Meatballs with Mashed Potato
- Halal Chicken Meatballs with Mashed Potato
- Roasted Vegetables with Mashed Potato ✓
- Carrots & Sweetcorn ✓
- Jacket Potato with Baked Beans or Grated Cheese ✓
- Chocolate Cake or Ice Cream ✓
- Fresh Fruit Platter, Custard & Yoghurt ✓

Friday

-  Fish Fingers with Chips
- Cheese & Houmous Quesadillas with Chips ✓
- Baked Beans & Garden Peas ✓
- Jacket Potato with Tuna Mayonnaise or Grated Cheese
- Vanilla Flapjack, Fresh Yoghurt ✓
- Fresh Fruit Platter & Custard ✓

If your child has a specific dietary requirement please contact us at parents@pabulum-catering.co.uk or for further details about Pabulum please visit our website: www.pabulum-catering.co.uk

✓ - Suitable for vegetarians

pabulum mm
HONESTLY GOOD FOOD