

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

WEEK 2:

24th APR, 15th MAY, 5th JUNE 26th JUN, 17th JUL,
11th SEP, 2nd OCT, 23rd OCT

Monday

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

Tuesday

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

Wednesday

- Roast Pork, Apple Sauce & Stuffing with Roast Potatoes
- Vegetable Casserole Topped with Sliced Potatoes v
- Seasonal Vegetables v
- Pasta with Tomato Sauce & Grated Cheese v
- Raspberry Ripple Ice Cream, Fresh Yoghurt v
- Fresh Fruit Platter & Custard v

Thursday

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

Friday

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

WEEK 3:

1st MAY, 22nd MAY, 12th JUN, 3rd JUL, 24th JUL,
18th SEP, 9th OCT, 30th OCT

Monday

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

Tuesday

- Sweet & Sour Pork with Rice
- Sweet & Sour Vegetables with Rice v
- Mixed Leaf Salad & Garden Peas v
- Pasta with Tomato & Basil Sauce & Grated Cheese v
- Vanilla Shortbread, Fresh Yoghurt v
- Fresh Fruit Platter & Custard v

Wednesday

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

Thursday

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

Friday

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

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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

v - Suitable for vegetarians

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HONESTLY GOOD FOOD