

# 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](http://www.schoolfoodplan.com)

### WEEK 1:

17<sup>th</sup> APR, 8<sup>th</sup> MAY, 29<sup>th</sup> MAY, 19<sup>th</sup> JUN, 10<sup>th</sup> JUL, 31<sup>st</sup> JUL,  
4<sup>th</sup> SEP, 25<sup>th</sup> SEP, 16<sup>th</sup> 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:

24<sup>th</sup> APR, 15<sup>th</sup> MAY, 5<sup>th</sup> JUNE 26<sup>th</sup> JUN, 17<sup>th</sup> JUL,  
11<sup>th</sup> SEP, 2<sup>nd</sup> OCT, 23<sup>rd</sup> 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:

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

Meat Free

Meat Free

Meat Free

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

v - Suitable for vegetarians

**pabulum**mm  
HONESTLY GOOD FOOD