

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:

30th OCT, 20th NOV, 11th DEC, 1st JAN, 22nd JAN, 12th FEB, 5th MAR, 26th MAR

Meat Free Monday

Sweetcorn & Pepper Pizza with Potato Wedges **V**

Macaroni Cheese **V**

Carrots & Peas **V**

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Apple Crumble with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

Tuesday

Hoisin Chicken with Spaghetti Noodles

Hoisin Vegetables with Spaghetti Noodles **V**

Green Beans & Cauliflower **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Fruit Jelly **V**

Fresh Fruit Platter, Chocolate Mousse **V**

Wednesday

Roast Chicken & Stuffing with Roast Potatoes

Vegetable Loaf & Trimmings with Roast Potatoes **V**

Seasonal Vegetables **V**

Jacket Potato with Baked Beans or Grated Cheese

Chocolate Sponge with Chocolate Sauce **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

Thursday

Beef & Vegetable Pie with Mashed Potato & Gravy

Vegetarian Pie with Mashed Potato & Gravy **V**

Carrots & Sweetcorn **V**

Pasta with Tomato & Basil Sauce & Grated Cheese **V**

Jam Sponge with Custard **V**

Fresh Fruit Platter, Strawberry Mousse **V**

Friday

 Fish Fingers with Chips

Vegetarian Burger with Chips **V**

Baked Beans & Garden Peas **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Cherry Flapjack **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

WEEK 2:

6th NOV, 27th NOV, 18th DEC, 8th JAN, 29th JAN, 19th FEB, 12th MAR

Meat Free Monday

Mediterranean Burrito with Potato Wedges **V**

Baked Vegetable Lasagne with Potato Wedges **V**

Carrots & Sweetcorn **V**

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Apple Pie with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

Tuesday

Mild Chicken Korma with Rice

Sweet Potato & Chickpea Korma with Rice **V**

Green Beans & Cauliflower **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Fruit Jelly **V**

Fresh Fruit Platter, Chocolate Mousse **V**

Wednesday

Roast Beef & Yorkshire Pudding with Roast Potatoes

Leek & Potato Bake **V**

Seasonal Vegetables **V**

Jacket Potato with Baked Beans, Salmon Mayonnaise or Grated Cheese

Apple Crumb Cake with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

Thursday

Cottage Pie with Gravy

Cottage Pie with Gravy **V**

Cauliflower & Cabbage **V**

Pasta with Tomato & Basil Sauce & Grated Cheese **V**

Sticky Toffee Pudding with Custard **V**

Fresh Fruit Platter, Strawberry Mousse **V**

Friday

 Battered Fish with Chips

Falafel Wrap & Minted Yoghurt with Chips **V**

Baked Beans & Garden Peas **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Shortbread **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

WEEK 3:

13th NOV, 4th DEC, 25th DEC, 15th JAN, 5th FEB, 26th FEB, 19th MAR

Meat Free Monday

Cheese & Tomato Pizza with Potato Wedges **V**

Spaghetti Bolognese **V**

Carrots & Garden Peas **V**

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Rhubarb & Pear Crumble with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

Tuesday

Stir Fried Chicken with Rice

Stir Fried Vegetables with Rice **V**

Green Beans & Cauliflower **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Fruit Jelly **V**

Fresh Fruit Platter, Chocolate Mousse **V**

Wednesday

Roast Turkey & Stuffing with Roast Potatoes

Bean Hot Pot **V**

Seasonal Vegetables **V**

Jacket Potato with Baked Beans or Grated Cheese

Chocolate Sponge with Chocolate Sauce **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

Thursday

Sausages with Mashed Potato & Onion Gravy in a Yorkshire Pudding

Sausages with Mashed Potato & Onion Gravy in a Yorkshire Pudding **V**

Broccoli & Cabbage **V**

Pasta with Tomato & Basil Sauce & Grated Cheese **V**

Lemon Cake with Custard **V**

Fresh Fruit Platter, Strawberry Mousse **V**

Friday

 Fish Fingers with Chips

Chickpea Burger with Chips **V**

Baked Beans & Garden Peas **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Fruit Flapjack **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

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

pabulum
HONESTLY GOOD FOOD