

# MADE FRESH EVERY DAY

## WEEK 1:

16<sup>th</sup> APR, 7<sup>th</sup> MAY, 26<sup>th</sup> MAY, 18<sup>th</sup> JUNE,  
9<sup>th</sup> JULY, 3<sup>rd</sup> SEPT, 24<sup>th</sup> SEPT, 15<sup>th</sup> OCT

### Meat Free Monday

Bolognese Sauce & Herby Spaghetti V  
Sweetcorn & Pepper Pizza with Homemade Potato Wedges V  
Broccoli & Carrots V  
Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese  
Apple Crumble with Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Chocolate Mousse V

### Tuesday

Chicken Curry with Yellow Rice  
Lentil, Spinach & Sweet Potato Balti with Yellow Rice V  
Sweetcorn & Seasonal Cabbage V  
Pasta with Tomato & Basil Sauce & Grated Cheese V  
Raspberry Ripple Ice Cream V  
Fresh Fruit Platter, Fresh Yoghurt, Jelly V

### Wednesday

Roast Turkey & Stuffing with Roast Potatoes  
Vegetarian Sausage Casserole with Fusilli Pasta Twists V  
Seasonal Roasted Vegetables & Garden Peas V  
Wholemeal Pasta with Beef Bolognese Sauce  
Rhubarb & Apple Pie with Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Chocolate Mousse V

### Thursday

Chicken & Sweetcorn Pie with Mashed Potato & Gravy  
Vegetarian Pie with Mashed Potato & Gravy V  
Carrots & Broccoli V  
Jacket Potato with Baked Beans or Grated Cheese V  
Pineapple Upside Down Cake with Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Jelly V

### Friday

Fish Fingers with Chips  
Spicy Vegetable Wrap with Chips V  
Baked Beans & Garden Peas V  
Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese  
Chocolate Brownie V  
Fresh Fruit Platter, Fresh Yoghurt V

## WEEK 2:

23<sup>rd</sup> APR, 14<sup>th</sup> MAY, 4<sup>th</sup> JUNE, 25<sup>th</sup> JUNE,  
16<sup>th</sup> JULY, 10<sup>th</sup> SEPT, 1<sup>st</sup> OCT

### Meat Free Monday

Macaroni Cheese V  
Enchiladas with Homemade Potato Wedges V  
Garden Peas & Sweetcorn V  
Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese  
Warm Waffle with Chocolate Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Chocolate Mousse V

### Tuesday

Chinese Style Chicken Wraps with Noodles  
Chinese Style Vegetable & Quorn with Noodles V  
Green Beans & Sweetcorn V  
Pasta with Beef Bolognese Sauce  
Homemade Jummy Dodger Ice Cream V  
Fresh Fruit Platter, Fresh Yoghurt, Jelly V

### Wednesday

Roast Chicken & Stuffing with Roasted New Potatoes  
Vegetable & Butter Bean Salad with Rice V  
Seasonal Roasted Vegetables & Cabbage V  
Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese V  
Chocolate Sponge with Chocolate Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Chocolate Mousse V

### Thursday

Cottage Pie with Gravy  
Lentil & Vegetable Pie with Mashed Potato & Gravy V  
Carrots & Sweetcorn V  
Jacket Potato with Baked Beans or Grated Cheese V  
Apple & Berry Fruit Crumble with Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Jelly V

### Friday

Fish with Chips  
Mozzarella & Tomato Pizza with Chips V  
Baked Beans & Garden Peas V  
Jacket Potato with Baked Beans, Salmon Mayonnaise or Grated Cheese  
Maryland Cookie V  
Fresh Fruit Platter, Fresh Yoghurt V

## 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 3:

30<sup>th</sup> APR, 21<sup>st</sup> MAY, 11<sup>th</sup> JUNE, 2<sup>nd</sup> JULY,  
23<sup>rd</sup> JULY, 27<sup>th</sup> AUG, 17<sup>th</sup> SEPT, 8<sup>th</sup> OCT

### Meat Free Monday

Baked Lasagne with Garlic Bread V  
Cheese & Pepper Quiche with Homemade Potato Wedges V  
Sweetcorn & Carrots V  
Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese  
Jam Sponge with Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Chocolate Mousse V

### Tuesday

BBQ Pulled Chicken with Warm New Potato Salad  
BBQ Pulled Carrot & Beans in a Bun V  
Garden Peas & Carrots V  
Pasta with Beef Bolognese Sauce  
Raspberry Ripple Ice Cream V  
Fresh Fruit Platter, Fresh Yoghurt, Jelly V

### Wednesday

Roast Beef & Yorkshire Pudding with Roast Potatoes  
Sweet Potato & Chickpea Curry with Rice V  
Seasonal Roasted Vegetables & Garden Peas V  
Wholemeal Pasta with Tomato & Basil Sauce & Grated Cheese V  
Syrup Sponge with Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Chocolate Mousse V

### Thursday

Chicken Sausages with Mashed Potato & Onion Gravy  
Quorn & Sweetcorn Pie with Onion Gravy V  
Green Beans & Cauliflower V  
Jacket Potato with Baked Beans or Grated Cheese V  
Bread & Butter Pudding with Custard V  
Fresh Fruit Platter, Fresh Yoghurt, Jelly V

### Friday

Fish Fingers with Chips  
Vegetarian Burger with Chips V  
Baked Beans & Garden Peas V  
Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese  
Shortbread Biscuit V  
Fresh Fruit Platter, Fresh Yoghurt V

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**  
HONESTLY GOOD FOOD