

Let's see what's for lunch...

Monday	Main Meals Chicken & Beef Sausage with Mash & Onion Gravy Tex Mex Vegetarian Sausage Hot Pot (G,E,MK) Ve Pasta (G) with Cheese Sauce (G,MK) Ve	Vegetables Sweetcorn & Peas Ve Dessert Vanilla Ice Cream (MK) with Fruit Compote Ve
	Main Meals Mild Chicken & Vegetable Curry (MU) with Steamed Rice Sweet Potato & Vegetable Curry (C) with Steamed Rice Ve Jacket Potato with Baked Beans Ve	Vegetables Cauliflower & Green Beans Ve Dessert Fruit Burst Jelly Ve
	Main Meals Roast Chicken with Roast Potatoes & Gravy BBQ Roast Sweet Potato & Bean Loaf (g) with Roast Potatoes & Gravy Ve Wholegrain Pasta (G) with Tomato Sauce (C) Ve	Vegetables Seasonal Greens & Carrots Ve Dessert Apple & Oaty Topped Crumble (G) Ve with Custard (MK) Ve
Tuesday	Main Meals Beef Bolognaise (C) with Spaghetti (G) Vegan Bolognaise (SO,g) with Spaghetti (G) Ve Jacket Potato with Cheese (MK) Ve	Vegetables Broccoli & Sweetcorn Ve Dessert Chocolate & Beetroot Brownie (G,E) Ve
	Main Meals Fish Fingers (G,F) with Oven Baked Chips Vegetable Burrito Wrap (G,SO) Ve Pasta (G) with Tomato Sauce (C) Ve	Vegetables Peas & Baked Beans Ve Dessert Maryland Cookie (G,mk) Ve
	Freshly Baked Bread: Garlic & Herb Bread (G,SO,MK,e) Ve Wholemeal Bread (G,SO,MK,e) Ve	
<div>Week 1:</div> <div>29th August, 19th September, 10th October, 31st October, 21st November, 12th December, 2nd January, 23rd January, 13th February</div>		

Monday	Main Meals BBQ Chicken Pizza (G,MK) Margherita Pizza (G,MK) ✓ Jacket Potato with Tuna Mayonnaise (F,E)	Vegetables Sweetcorn ✓ & Coleslaw (E) ✓ Dessert Chocolate & Courgette Sponge (G,E) with Chocolate Sauce (MK) ✓
	Main Meals Turkey & Vegetable Pie Topped with Puff Pastry (G,MK) Sweet & Sour Vegetables (G,C) with Steamed Rice ✓ Wholegrain Pasta (G) with Tomato Sauce (C) ✓	Vegetables Cauliflower & Peas ✓ Dessert Oat & Cherry Cookie (G,SU) ✓
	Main Meals Roast Chicken with Roast Potatoes & Gravy Cauliflower & Cheese Bake (G,MK) with Roast Potatoes & Gravy ✓ Pasta (G) with Cheese Sauce (G,MK) ✓	Vegetables Seasonal Greens & Carrots ✓ Dessert Banana Flapjack (G) ✓
Tuesday	Main Meals Beef & Bean Chilli (C,g) with Rice Vegan Chilli Con Carne (SO,C,g) with Rice ✓ Jacket Potato with Baked Beans ✓	Vegetables Broccoli & Sweetcorn ✓ Dessert Apple & Parsnip Sponge (G,E) ✓
	Main Meals Battered Fish (G,F) with Oven Baked Chips Vegetable Goujon with Oven Baked Chips ✓ Pasta (G) with Roasted Tomato Sauce ✓	Vegetables Baked Beans & Peas ✓ Dessert Vanilla Ice Cream (MK) with Peach Compote ✓
	Freshly Baked Bread: Carrot & Thyme Bread (G,SO,MK,e) ✓ Wholemeal Bread (G,SO,MK,e) ✓	
<div>Week 2:</div> <div>5th September, 26th September, 17th October, 7th November, 28th November, 19th December, 9th January, 30th January, 20th February</div>		

Monday	Main Meals Cottage Pie topped with Sliced Sweet Potato (SU) Macaroni & Cheese (G,MK) V Jacket Potato with Baked Beans Ve	Vegetables Peas & Carrots Ve Dessert Sticky Banana Bread (G,SO,MK,e) V
	Main Meals Chicken & Sweetcorn Meatballs with Tomato Sauce (g) & Pasta (G) Vegetable Moussaka (G,SO,MK) V Jacket Potato with Salmon Mayonnaise (F,E)	Vegetables Cauliflower & Broccoli Ve Dessert Chocolate Shortbread (G) Ve
	Main Meals Thyme Roast Chicken Breast with Roast Potatoes & Gravy Roasted Ratatouille with Crumble (G) Ve Wholegrain Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Seasonal Greens & Mashed Swede Ve Dessert Mandarin Jelly Ve
Tuesday	Main Meals Beef Burger in a Bun (G,se) Vegetable Lasagne (G,MK,e) V Jacket Potato with Baked Beans Ve	Vegetables Sweetcorn Ve & Coleslaw (E) V Dessert Jammy Bread & Butter Pudding (G,E,SO,MK,SU) with Custard (MK) V
	Main Meals Fish Fingers (G,F) with Oven Baked Chips BBQ Vegetable Quesadilla (G,MK) V Pasta (G) with Tomato Sauce (C) Ve	Vegetables Baked Beans & Peas Ve Dessert Chocolate Mousse (MK) V
	Freshly Baked Bread: Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V	
Week 3: 12 th September, 3 rd October, 24 th October, 14 th November, 5 th December, 26 th December, 16 th January, 6 th February, 27 th February		

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

All products are subject to availability.

Allergen Key - CAPITAL LETTERS = contains, lower case = may contain
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

Pabulum Salad Bar
Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

BM2 South Harringay
Available Every Day
Fresh Fruit Platter **Ve**
Homemade Fruit Yoghurt (SO,MK) **V**

September 2022
pabulummm
HONESTLY GOOD FOOD