

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

Week 1

Monday	Main Meals BBQ Chicken Pizza (G,SO,MK,e) Margherita Pizza (G,SO,MK,e) V Jacket Potato with Baked Beans Ve	Vegetables Sweetcorn Ve Dessert Chocolate Rice Krispie Cake (G) V
	Main Meals Beef Bolognaise (C) with Spaghetti (G) Vegan Bolognaise (SO,g) with Spaghetti (G) Ve Jacket Potato with Cheese (MK) V	Vegetables Peas Ve Dessert Carrot Cake (G,E) V
	Main Meals Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese (G,MK) V Jacket Potato with Salmon Mayonnaise (E,F)	Vegetables Seasonal Greens Ve Dessert Vanilla Ice Cream (MK) V
Thursday	Main Meals Chicken Fajita Wrap (G) Vegetable & Bean Burrito (G,SO) Ve Pasta (G) with Roasted Tomato & Basil Sauce Ve	Vegetables Steamed Carrots Ve Dessert Maryland Cookie (G,mk) V
	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Chimichangas (G,MK,C) V Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Chips & Baked Beans Ve Dessert Chocolate & Courgette Sponge (G,E) V
Freshly Baked Bread: Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		

Week 1:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th October

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.

Available Every Day:
Fresh Fruit Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

Monday	Main Meals Beef Burger in a Bun (G,se) Vegetable Burger (G) in a Bun (G,se) Ve Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve	Vegetables Carrot Sticks Ve Dessert Lemon Drizzle Sponge (G,E) V
	Main Meals Beef Lasagne (G,MK,e) Vegetable Fajita Wrap (G,SO) Ve Jacket Potato with Cheese (MK) V	Vegetables Sweetcorn Ve Dessert Flapjack (G) Ve
	Main Meals Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Ratatouille Pasta Bake (G) Ve Jacket Potato with Baked Beans Ve	Vegetables Pan Fried Leeks Ve Dessert Orange Shortbread Biscuit (G) Ve
Thursday	Main Meals Chicken Tikka Masala (MU) & Rice Vegetable Pasanda (MU) with Rice Ve Pasta (G) with Tomato & Vegetable Sauce (g) Ve	Vegetables Broccoli Ve Dessert Apple Crumble (G) Ve with Custard (MK) V
	Main Meals Breaded Fish Fingers (G,F) Spiced Squash & Spinach Samosa (G) Ve Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Chips & Baked Beans Ve Dessert Apple & Parsnip Cake (G,E) V
Freshly Baked Bread: Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		

Week 2:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October



Week 3

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

Monday	Main Meals Chicken and Beef Sausages with Mashed Potato & Gravy Vegan Sausages (G) with Mashed Potato & Gravy Ve Pasta (G) with Cheese Sauce (G,MK) V	Vegetables Peas Ve Dessert Apple & Carrot Flapjack (G) Ve
	Main Meals Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G) Vegetable Chilli (SO,C,g) with Steamed Rice Ve Jacket Potato with Cheese (MK) V	Vegetables Steamed Carrots Ve Dessert Chocolate & Beetroot Brownie (G,E) V
	Main Meals Sticky Glazed Chicken Margherita Pizza (G,SO,MK,e) V Pasta (G) with Tomato & Basil Sauce (g) Ve	Vegetables Spicy Potato Wedges Ve & Coleslaw (E) V Dessert Cherry Cornflake Cake (G,SU) V
Thursday	Main Meals Chicken Jambalaya (g) Butternut Squash & Chickpea Paella Ve Jacket Potato with Baked Beans Ve	Vegetables Pan Fried Leeks Ve Dessert Vanilla Ice Cream (MK) V
	Main Meals Breaded Fish Fingers (G,F) Vegetable & Bean Stuffed Pitta Pocket (G) Ve Pasta (G) with Tomato & Lentil Sauce (C,g) Ve	Vegetables Chips & Baked Beans Ve Dessert Chocolate Shortbread Biscuit (G) Ve
Freshly Baked Bread: Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V		

Week 3:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd October

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)

BM2 South Harringay
February 2023
All products are subject to availability