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



## Main Meals

BBQ Chicken Pizza (G,SO,MK,e)

### Main Meals

Roast Chicken with Roast Potatoes

Mayonnaise (E,F)

### Main Meals

Pasta (G) with Roasted Tomato & Basil Sauce Ve

### Main Meals

Vegetable & Bean Chimichangas (G,MK,C) V

Pasta (G) with Cheese Sauce (G,MK) V

## Vegetables

Sweetcorn Ve

### Dessert

Chocolate Rice Krispie Cake (G) V

## Vegetables

Peas Ve

## Dessert

Carrot Cake (G,E) V

## Vegetables

Vegetables

Dessert

Vegetables

Dessert

Steamed Carrots Ve

Maryland Cookie (G,mk) V

Chips & Baked Beans Ve

Chocolate & Courgette

Sponge (G,E) V

Seasonal Greens Ve

### Dessert

Vanilla Ice Cream (MK) V

## Main Meals

Main Meals

Main Meals

Main Meals

Potatoes & Gravy

Tuesday

Wednesday

Friday

Beef Burger in a Bun (G,se)

Vegetable Burger (G) in a Bu

Wholewheat Pasta (G) with

Arrabiatta Sauce (SU,g) Ve

Beef Lasagne (G,MK,e)

Vegetable Fajita Wrap (G,SO) Ve

Jacket Potato with Cheese (MK) V

Ratatouille Pasta Bake (G) Ve

Lemon & Thyme Roast Chicken with Roast

Vegetable Burger (G) in a Bun (G,se) Ve

Chicken Tikka Masala (MU) & Rice

Vegetable Pasanda (MU) with Rice Ve

Jacket Potato with Baked Beans Ve

Pasta (G) with Tomato & Vegetable Sauce

### Main Meals

Breaded Fish Fingers (G,F)

Spiced Squash & Spinach Samosa (G) Ve

Pasta (G) with Cheese Sauce (G,MK) V

## Vegetables

Carrot Sticks Ve

## Dessert

Lemon Drizzle Sponge (G,E) V

Week 2

## Vegetables

Sweetcorn Ve

## Dessert

Flapjack (G) Ve

## Vegetables

Pan Fried Leeks Ve

### Dessert

Orange Shortbread Biscuit (G) Ve

## Vegetables

Broccoli Ve

### Dessert

Apple Crumble (G) Ve with Custard (MK) V

## Vegetables

Chips & Baked Beans Ve

## Dessert

Apple & Parsnip Cake (G,E) V

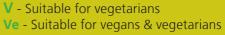
## Freshly Baked Bread:

Tomato & Herb Bread (G,SO,MK,e) ∨ Wholemeal Bread (G,SO,MK,e) ∨

### Week 2:

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





## Vegetables

Peas Ve

### Dessert

Apple & Carrot Flapjack (G) Ve

Week 3

### Main Meals

& Gravy Ve

Main Meals

Potato & Gravy

Beef Meatballs (G) with Tomato Sauce & Penne Pasta (G)

Chicken and Beef Sausages with Mashed

Vegan Sausages (G) with Mashed Potato

Pasta (G) with Cheese Sauce (G,MK) ∨

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

Wednesday Sticky Glazed Chicken

Main Meals

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

Pan Fried Leeks Ve

## Main Meals

Main Meals

(G) Ve

Chicken Jambalaya (g)

Butternut Squash & Chickpea Paella Ve

Vegetable & Bean Stuffed Pitta Pocket

Pasta (G) with Tomato & Lentil Sauce (C,g)

Jacket Potato with Baked Beans Ve

Breaded Fish Fingers (G,F)

Vegetables

Dessert Vanilla Ice Cream (MK) V

Vegetables Chips & Baked Beans Ve

### Dessert

Chocolate Shortbread Biscuit (G) Ve

## Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) ∨ Wholemeal Bread (G,SO,MK,e) ∨

## Week 3:

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

Friday

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





Margherita Pizza (G,SO,MK,e) V

Jacket Potato with Baked Beans Ve

Beef Bolognaise (C) with Spaghetti (G)

Vegan Bolognaise (SO ~)

Spaghetti (C)

Jacket Potato with Cheese (MK) V

& Gravy

Macaroni & Cheese (G,MK) V

Jacket Potato with Salmon

Chicken Fajita Wrap (G)

Vegetable & Bean Burrito (G,SO) Ve

Breaded Fish Fingers (G,F)

## Freshly Baked Bread:

Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

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. 

Fresh Fruit Ve, Yoghurt (SO,MK) V or Jelly Ve