# LET'S SEE WHAT'S FOR LUNCH...

# MENU - WEEK 1

### MONDAY

MAIN Beef Bolognaise with Spaghetti

HALAL MAIN Halal Beef Bolognaise with Spaghetti

**VEGETARIAN MAIN** Spinach & Pesto Sauce with Spaghetti

**PASTA OR JACKET** Baked Jackets with Baked Beans

TO GO WITH Broccoli & Sweetcorn

**DESSERT** Chocolate & Courgette Sponge

#### **TUESDAY**

MAIN Chicken Tikka Curry with Steamed Rice

**HALAL MAIN** Halal Chicken Tikka Curry with Steamed Rice

**VEGETARIAN MAIN** Vegetable Pasanda Curry with Steamed Rice

PASTA OR JACKET Pasta with Tomato & Basil Sauce

**TO GO WITH** Steamed Peas & Cauliflower

**DESSERT** Vanilla Ice Cream

### WEDNESDAY

MAIN BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy

HALAL MAIN Halal BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy

**VEGETARIAN MAIN** Mac N' Cheese with Garlic Bread **PASTA OR JACKET** Baked Jackets with Baked Beans

**TO GO WITH** Carrots & Seasonal Greens

**DESSERT** Banana Flapjack

**WEEK 1:**3RD NOV, 24TH NOV, 15TH DEC, 5TH JAN, 26TH JAN, 16TH FEB,
9TH MAR, 30TH MAR, 20TH APR

### **THURSDAY**

MAIN Cottage Pie topped with Sweet Potato Mash

**HALAL MAIN** Halal Cottage Pie topped with Sweet Potato Mash

**VEGETARIAN MAIN** Vegan Cottage Pie

PASTA OR JACKET Pasta with Squash & Tomato Sauce

**TO GO WITH** Roasted Carrots & Sweetcorn

**DESSERT** Iced Lemon Cake with Sprinkles

### **FRIDAY**

MAIN Fish Fingers, Chips & Ketchup

**VEGETARIAN MAIN** Baked Crispy Vegetable Fingers & Garlic Mayo Wrap with Chips

PASTA OR JACKET Baked Jackets with Baked Beans

TO GO WITH Baked Beans & Peas

DESSERT Maryland Cookie

#### ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar Fresh Fruit
Wholemeal Bread Yoghurt
Courgette & Tomato Bread Jelly

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# LET'S SEE WHAT'S FOR LUNCH...

# MENU - WEEK 2

## MONDAY

MAIN Chicken & Beef Sausage with Mashed Potatoes & Gravy

**HALAL MAIN** Halal Chicken & Beef Sausage with Mashed Potatoes & Gravy

**VEGETARIAN MAIN** Vegan Sausage with Mashed Potatoes & Gravy

PASTA OR JACKET Pasta with Tomato & Basil Sauce

**TO GO WITH** Steamed Peas & Carrots

**DESSERT** Marble Sponge with Custard

### **TUESDAY**

MAIN Beef Korma with Steamed Rice

HALAL MAIN Halal Beef Korma with Steamed Rice

**VEGETARIAN MAIN** Vegan Bombay Chickpea Burrito

**PASTA OR JACKET** Baked Jackets with Baked Beans or Salmon Mayonnaise

**TO GO WITH** Spiced Roasted Cauliflower & Broccoli

**DESSERT** Apple & Carrot Flapjack

#### WEDNESDAY

MAIN Roast Turkey with Gravy

HALAL MAIN Halal Roast Turkey with Gravy

**VEGETARIAN MAIN** Sweet Potato & Leek Frittata with Gravy

PASTA OR JACKET Pasta with Tomato & Vegetable Sauce

**TO GO WITH** Roast Potatoes & Broccoli & Carrots

**DESSERT** Fruit Jelly

#### WEEK 2: 10TH NOV, 1ST DEC, 22ND DEC, 12TH JAN, 2ND FEB,

23RD FEB, 16TH MAR, 6TH APR, 27TH APR

#### **THURSDAY**

MAIN Beef Meatballs in a Roasted Tomato & Basil Sauce with Pasta

HALAL MAIN Halal Beef Meatballs in a Roasted Tomato & Basil Sauce with Pasta

**VEGETARIAN MAIN** Roasted Vegetable Fajita & Baked Wedges

PASTA OR JACKET Pasta with Squash & Tomato Sauce

**TO GO WITH** Corn on the Cob & Roasted Carrots

**DESSERT** Homemade Strawberry Cheesecake

### **FRIDAY**

MAIN Fish Fingers, Chips & Ketchup

**VEGETARIAN MAIN** Vegan Quorn Nuggets with Chips & Ketchup

PASTA OR JACKET Baked Jackets with Baked Beans

**TO GO WITH** Baked Beans & Peas

**DESSERT** Vanilla Ice Cream

#### ALSO AVAILABLE EVERY DAY

Fresh Fruit Yoghurt Jelly

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NOVEMBER 2025

Pabulum Salad Bar

Wholemeal Bread

Garlic & Herb Bread









# LET'S SEE WHAT'S FOR LUNCH...

## MENU - WEEK 3

## MONDAY

Beef & Bean Chilli with Steamed Rice MAIN

Halal Beef & Bean Chilli with Steamed Rice HALAL MAIN

Vegan Bean Chilli with Steamed Rice **VEGETARIAN MAIN** 

Pasta with Tomato & Vegetable Sauce PASTA OR JACKET

Sweetcorn & Carrots TO GO WITH

Jam & Coconut Sponge DESSERT

#### **TUESDAY**

Homemade BBQ Chicken Pizza with Spiced Baked Wedges MAIN

Halal Homemade BBQ Chicken Pizza with Spiced Baked Wedges HALAL MAIN

Homemade Margherita Pizza with Spiced Baked Wedges **VEGETARIAN MAIN** 

Baked Jackets with Baked Beans PASTA OR JACKET

TO GO WITH Sweetcorn & Classic Coleslaw

**DESSERT** Carrot Cake

#### WEDNESDAY

MAIN Herby Roast Chicken with Gravy

Halal Herby Roast Chicken with Gravy HALAL MAIN

Roasted Vegetable & Lentil Loaf with Gravy **VEGETARIAN MAIN** 

Baked Jackets with Baked Beans **PASTA OR JACKET** 

Roast Potatoes, Carrots & Seasonal Greens TO GO WITH

Chocolate & Sweet Potato Brownie **DESSERT** 

#### WEEK 3: 17TH NOV, 8TH DEC, 29TH DEC, 19TH JAN, 9TH FEB, 2ND MAR, 23RD MAR, 13TH APR

### **THURSDAY**

Traditional Beef Lasagne with Garlic Bread MAIN

Halal Traditional Beef Lasagne with Garlic Bread HALAL MAIN

Vegan Bean Bolognaise with Pasta & Garlic Bread **VEGETARIAN MAIN** 

Wholemeal Pasta with Tomato & Basil Sauce **PASTA OR JACKET** 

Steamed Peas & Carrots TO GO WITH

**DESSERT** Oaty & Sultana Cookie

### **FRIDAY**

Fish Fingers, Chips & Ketchup MAIN

Vegetable Burger with Chips & Ketchup **VEGETARIAN MAIN** 

Pasta with Squash & Tomato Sauce **PASTA OR JACKET** 

Baked Beans & Peas TO GO WITH

Fruit Jelly **DESSERT** 

#### ALSO AVAILABLE EVERY DAY

Fresh Fruit **Yoghurt** Jelly

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Pabulum Salad Bar

Wholemeal Bread

**Carrot & Beetroot Bread** 













































