

MADE FRESH EVERY DAY

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

WEEK 1:

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

Meat Free Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

WEEK 2:

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

Meat Free Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

WEEK 3:

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

Meat Free Monday

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

Tuesday

BBQ Pulled Chicken with Warm New Potato Salad
BBQ Pulled Carrot & Beans in a Bun ✓
Garden Peas & Carrots ✓
Pasta with Tomato & Basil Sauce & Grated Cheese ✓
Raspberry Ripple Ice Cream ✓
Fresh Fruit Platter, Fresh Yoghurt, Jelly ✓

Wednesday

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

Thursday

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

Friday

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

If your child has a specific dietary requirement please contact us at parents@pabulum-catering.co.uk
or for further details about Pabulum please visit our website: www.pabulum-catering.co.uk

✓ - Suitable for vegetarians

pabulum
HONESTLY GOOD FOOD