

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

Week 1

Main Meals

Sausages with Crushed Potatoes & Gravy
Vegan Sausages with Crushed Potatoes & Gravy
Pasta with Tomato & Basil Sauce

Served With

Baked Beans & Peas
Chocolate Brownie

Monday

Main Meals

Traditional Beef Lasagne
Vegetable Lasagne
Jacket Potato with Baked Beans

Served With

Sweetcorn & Broccoli
Courgette & Oat Cookie

Tuesday

Main Meals

Roast Chicken Fillets with Gravy
Vegetable Quiche
Pasta with Tomato & Basil Sauce

Served With

Roast Potatoes, Seasonal Greens & Carrots
Banana Flapjack

Wednesday

Main Meals

Homemade Ham & Cheese Pizza with Baked Wedges
Margherita Pizza with Baked Wedges
Jacket Potato with Cheddar Cheese

Served With

Classic Coleslaw & Sweetcorn
Apple & Parsnip Sponge

Thursday

Main Meals

Fish Fingers, Chips & Ketchup
Vegan Vegetable Fingers, Chips & Ketchup
Pasta with Tomato & Basil Sauce

Served With

Baked Beans & Peas
Fruit Jelly

Friday

Freshly Baked Breads:

Tomato & Rosemary Bread or Wholemeal Bread

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

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, Yoghurt or Jelly

Week 2

Main Meals

Beef Bolognese & Penne Pasta Bake
Vegan Bolognese with Penne Pasta
Jacket Potato with Baked Beans

Served With

Cauliflower & Green Beans
Maryland Cookie

Monday

Main Meals

Beef & Bean Chilli with Steamed Rice
Vegan Bean Chilli with Steamed Rice
Pasta with Squash & Tomato Sauce

Served With

Carrots & Peas
Carrot & Apple Flapjack

Tuesday

Main Meals

Honey Roast Gammon with Gravy
Vegan Bombay Chickpea Burrito
Pasta with Squash & Tomato Sauce

Served With

Roast Potatoes, Seasonal Greens & Carrots
Banana & Cinnamon Sponge

Wednesday

Main Meals

Homemade Pepperoni Pizza with Baked Wedges
Margherita Pizza with Baked Wedges
Jacket Potato with Cheddar Cheese

Served With

Broccoli & Sweetcorn
Cherry Shortbread

Thursday

Main Meals

Fish Fingers, Chips & Ketchup
Vegan Vegetable Fingers, Chips & Ketchup
Pasta with Squash & Tomato Sauce

Served With

Baked Beans & Peas
Lemon Drizzle Cake

Friday

Freshly Baked Breads:

Beetroot & Herb or Wholemeal Bread

Week 2: 15th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul



Made Fresh Every Day
All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Week 3

Main Meals

Beef Pie
Macaroni & Cheese
Pasta with Tomato & Vegetable Sauce

Served With

Classic Coleslaw & Sweetcorn
Cinnamon Apple Crumble with Custard

Monday

Main Meals

Traditional Cottage Pie
Vegetable Chow Mein
Jacket Potato with Baked Beans

Served With

Broccoli & Cauliflower
Sultana & Oat Cookie

Tuesday

Main Meals

Slow Roast Beef & Root Vegetables with Gravy
Vegan Country Vegetable & Bean Pie
Pasta with Tomato & Vegetable Sauce

Served With

Roast Potatoes, Seasonal Greens & Carrots
Fruit Jelly

Wednesday

Main Meals

Homemade BBO Chicken Pizza with Baked Wedges
Margherita Pizza with Baked Wedges
Jacket Potato with Salmon Mayonnaise or Baked Beans

Served With

Cauliflower & Roasted Carrots
Orange Drizzle Cake

Thursday

Main Meals

Fish Fingers, Chips & Ketchup
Mexican Roasted Vegetable & Bean Quesadilla
Wholewheat Pasta with Tomato & Vegetable Sauce

Served With

Baked Beans & Peas
Chocolate & Courgette Rice Krispie Cake

Friday

Freshly Baked Breads:

Pesto & Garlic Bread or Wholemeal Bread

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

BMT Perryfields
Jan 2025

All products are subject to availability

pabulum
FRESHLY PREPARED FOOD