

# 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](http://www.schoolfoodplan.com)

### WEEK 1:

30<sup>th</sup> OCT, 20<sup>th</sup> NOV, 11<sup>th</sup> DEC, 1<sup>st</sup> JAN, 22<sup>nd</sup> JAN, 12<sup>th</sup> FEB, 5<sup>th</sup> MAR, 26<sup>th</sup> MAR

#### Meat Free Monday

Sweetcorn & Pepper Pizza with Potato Wedges **V**

Macaroni Cheese **V**

Carrots & Peas **V**

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Apple Crumble with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

#### Tuesday

Hoisin Chicken with Spaghetti Noodles

Hoisin Vegetables with Spaghetti Noodles **V**

Green Beans & Cauliflower **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Fruit Jelly **V**

Fresh Fruit Platter, Strawberry Mousse **V**

#### Wednesday

Roast Chicken & Stuffing with Roast Potatoes

Vegetable Loaf & Trimmings with Roast Potatoes **V**

Seasonal Vegetables **V**

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Vanilla Sponge with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

#### Thursday

Beef & Vegetable Pie with Mashed Potato & Gravy

Vegetarian Pie with Mashed Potato & Gravy **V**

Carrots & Sweetcorn **V**

Pasta with Tomato & Basil Sauce & Grated Cheese **V**

Jam Sponge with Custard **V**

Fresh Fruit Platter, Strawberry Mousse **V**

#### Friday

 Fish Fingers with Chips

Vegetarian Burger with Chips **V**

Baked Beans & Garden Peas **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Cherry Flapjack **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

### WEEK 2:

6<sup>th</sup> NOV, 27<sup>th</sup> NOV, 18<sup>th</sup> DEC, 8<sup>th</sup> JAN, 29<sup>th</sup> JAN, 19<sup>th</sup> FEB, 12<sup>th</sup> MAR

#### Meat Free Monday

Mediterranean Burrito with Potato Wedges **V**

Baked Vegetable Lasagne with Potato Wedges **V**

Carrots & Sweetcorn **V**

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Apple Pie with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

#### Tuesday

Mild Chicken Korma with Rice

Sweet Potato & Chickpea Korma with Rice **V**

Green Beans & Cauliflower **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Fruit Jelly **V**

Fresh Fruit Platter, Strawberry Mousse **V**

#### Wednesday

Roast Beef & Yorkshire Pudding with Roast Potatoes

Leek & Potato Bake **V**

Seasonal Vegetables **V**

Jacket Potato with Baked Beans, Salmon Mayonnaise or Grated Cheese

Apple Crumb Cake with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

#### Thursday

Cottage Pie with Gravy

Cottage Pie with Gravy **V**

Cauliflower & Cabbage **V**

Pasta with Tomato & Basil Sauce & Grated Cheese **V**

Sticky Toffee Pudding with Custard **V**

Fresh Fruit Platter, Strawberry Mousse **V**

#### Friday

 Battered Fish with Chips

Falafel Wrap & Minted Yoghurt with Chips **V**

Baked Beans & Garden Peas **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Shortbread **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

### WEEK 3:

13<sup>th</sup> NOV, 4<sup>th</sup> DEC, 25<sup>th</sup> DEC, 15<sup>th</sup> JAN, 5<sup>th</sup> FEB, 26<sup>th</sup> FEB, 19<sup>th</sup> MAR

#### Meat Free Monday

Cheese & Tomato Pizza with Potato Wedges **V**

Spaghetti Bolognese **V**

Carrots & Peas **V**

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Rhubarb & Pear Crumble with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

#### Tuesday

Stir Fried Chicken with Rice

Stir Fried Vegetables with Rice **V**

Green Beans & Cauliflower **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Fruit Jelly **V**

Fresh Fruit Platter, Strawberry Mousse **V**

#### Wednesday

Roast Turkey & Stuffing with Roast Potatoes

Bean Hot Pot **V**

Seasonal Vegetables **V**

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Sultana Sponge with Custard **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

#### Thursday

Sausages with Mashed Potato & Onion Gravy in a Yorkshire Pudding

Sausages with Mashed Potato & Onion Gravy in a Yorkshire Pudding **V**

Broccoli & Cabbage **V**

Pasta with Tomato & Basil Sauce & Grated Cheese **V**

Lemon Cake with Custard **V**

Fresh Fruit Platter, Strawberry Mousse **V**

#### Friday

 Fish Fingers with Chips

Chickpea Burger with Chips **V**

Baked Beans & Garden Peas **V**

Pasta with Tomato Sauce & Grated Cheese **V**

Fruit Flapjack **V**

Fresh Fruit Platter, Fresh Yoghurt **V**

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

**V** - Suitable for vegetarians

**pabulum**  
HONESTLY GOOD FOOD