

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:

17TH APR, 8TH MAY, 29TH MAY, 19TH JUN, 10TH JUL, 31ST JUL,
4TH SEP, 25TH SEP, 16TH OCT

Monday

Pasta Bolognese v
Cheese & Tomato Pizza with Potato Wedges v
Sweetcorn & Carrots v
Jacket Potato with Bolognese Sauce or Grated Cheese v
Berry & Apple Crumble or Ice Cream v
Fresh Fruit Platter, Custard & Yoghurt v

Tuesday

Chilli Con Carne with Rice
Vegetable Bean Chilli with Rice v
Mixed Leaf Salad & Garden Peas v
Pasta with Tomato & Basil Sauce & Grated Cheese v
Vanilla Shortbread, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

Wednesday

Roast Chicken & Stuffing with Roast Potatoes
Vegetable Loaf with Roast Potatoes v
Seasonal Vegetables v
Pasta with Tomato Sauce & Grated Cheese v
Strawberry Jelly, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

Thursday

Chicken Sausages & Mashed Potato with Onion Gravy
Vegetable Sausages & Mashed Potato with Onion Gravy v
Carrots & Sweetcorn v
Jacket Potato with Baked Beans or Grated Cheese v
Vanilla Cake or Ice Cream v
Fresh Fruit Platter, Custard & Yoghurt v

Friday

 Fish Fingers with Chips
Cheese & Onion Slice with Chips v
Baked Beans & Garden Peas v
Jacket Potato with Tuna Mayonnaise or Grated Cheese
Banana Flapjack, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

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WEEK 2:

24TH APR, 15TH MAY, 5TH JUNE 26TH JUN, 17TH JUL,
11TH SEP, 2ND OCT, 23RD OCT

Monday

Macaroni Cheese v
Italian Bean Wrap v
Sweetcorn & Carrots v
Jacket Potato with Baked Beans or Grated Cheese v
Strawberry Crumb Cake or Ice Cream v
Fresh Fruit Platter, Custard & Yoghurt v

Tuesday

Chicken Curry with Rice
Curried Potato & Chickpeas with Rice v
Mixed Leaf Salad & Garden Peas v
Pasta with Tomato & Basil Sauce & Grated Cheese v
Oaty Cookie, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

Wednesday

Roast Beef with Roast Potatoes
Vegetable Casserole Topped with Sliced Potatoes v
Seasonal Vegetables v
Pasta with Tomato Sauce & Grated Cheese v
Raspberry Ripple Ice Cream, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

Thursday

"Red Tractor" Chicken Burger in a Bun with Potato Wedges
Vegetable Burger in a Bun with Potato Wedges v
Carrots & Sweetcorn v
Jacket Potato with Baked Beans or Grated Cheese v
Orange Cake or Ice Cream v
Fresh Fruit Platter, Custard & Yoghurt v

Friday

 Fish Fingers with Chips
Cheese & Vegetable Frittata with Chips v
Baked Beans & Garden Peas v
Jacket Potato with Tuna or Salmon Mayonnaise or Grated Cheese
Apple Flapjack, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

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WEEK 3:

1ST MAY, 22ND MAY, 12TH JUN, 3RD JUL, 24TH JUL,
18TH SEP, 9TH OCT, 30TH OCT

Monday

Oven Baked Lasagne v
Vegetable Sausage Pizza with Potato Wedges v
Sweetcorn & Carrots v
Jacket Potato with Bolognese Sauce or Grated Cheese v
Apple Crumble or Ice Cream v
Fresh Fruit Platter, Custard & Yoghurt v

Tuesday

Jerk Chicken in Gravy with Rice & Sweet
Sweet & Sour Vegetables with Rice v
Mixed Leaf Salad & Garden Peas v
Pasta with Tomato & Basil Sauce & Grated Cheese v
Vanilla Shortbread, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

Wednesday

Roast Chicken & Stuffing with Roast Potatoes
Vegetable & Cheese Bake v
Seasonal Vegetables v
Pasta with Tomato Sauce & Grated Cheese v
Strawberry Jelly, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

Thursday

Chicken Meatballs with Mashed Potato
Roasted Vegetables with Mashed Potato v
Carrots & Sweetcorn v
Jacket Potato with Baked Beans or Grated Cheese v
Sultana Cake or Ice Cream v
Fresh Fruit Platter, Custard & Yoghurt v

Friday

 Fish Fingers with Chips
Cheese & Houmous Quesadillas with Chips v
Baked Beans & Garden Peas v
Jacket Potato with Tuna Mayonnaise or Grated Cheese
Vanilla Flapjack, Fresh Yoghurt v
Fresh Fruit Platter & Custard v

Meat Free

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

v - Suitable for vegetarians

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HONESTLY GOOD FOOD