

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:

30th OCT, 20th NOV, 11th DEC, 1st JAN, 22nd JAN, 12th FEB, 5th MAR, 26th 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, Chocolate Mousse V

Wednesday

Roast Pork & Apple Sauce with Roast Potatoes

Vegetable Loaf & Trimmings with Roast Potatoes V

Seasonal Vegetables V

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Chocolate Sponge with Chocolate Sauce 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:

6th NOV, 27th NOV, 18th DEC, 8th JAN, 29th JAN, 19th FEB, 12th 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

Garden Peas V

Pasta with Tomato Sauce & Grated Cheese V

Fruit Jelly V

Fresh Fruit Platter, Chocolate Mousse V

Wednesday

Roast Beef & Yorkshire Pudding with Roast Potatoes

Bean Hot Pot 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 & Sweetcorn 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:

13th NOV, 4th DEC, 25th DEC, 15th JAN, 5th FEB, 26th FEB, 19th MAR

Meat Free Monday

Cheese & Tomato Pizza with Potato Wedges V

Spaghetti Bolognese V

Carrots & Sweetcorn 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, Chocolate Mousse V

Wednesday

Roast Chicken & Stuffing with Roast Potatoes

Leek & Potato Bake V

Seasonal Vegetables V

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese

Chocolate Sponge with Chocolate Sauce 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 or for further details about Pabulum please visit our website: www.pabulum-catering.co.uk

V - Suitable for vegetarians

pabulum
HONESTLY GOOD FOOD