

# MADE FRESH EVERY DAY

## WE ALSO SERVE DAILY...

Unlimited salad bar, homemade bread, yoghurt, fresh fruit, custard and water.

### WEEK 1:

31<sup>ST</sup> OCT, 21<sup>ST</sup> NOV, 12<sup>TH</sup> DEC, 9<sup>TH</sup> JAN, 30<sup>TH</sup> JAN, 27<sup>TH</sup> FEB, 20<sup>TH</sup> MAR

#### Monday

Chicken Pizza with Potato Wedges  
Pizza with Potato Wedges **V**  
Baked Beans & Sweetcorn  
Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese  
Fruit Jelly  
Fresh Fruit Platter, Fresh Yoghurt

#### Tuesday

Chicken Korma with Rice  
Sweet Potato & Chickpea Korma with Rice **V**  
Green Beans  
Pasta with Tomato Sauce & Cheese  
Rhubarb & Pear Crumble with Custard  
Fresh Fruit Platter, Strawberry Mousse

#### Wednesday

Roast Pork with Trimmings & Roast Potatoes  
Vegetable Loaf with Trimmings & Roast Potatoes **V**  
Seasonal Vegetables  
Jacket Potato with Baked Beans, Salmon Mayonnaise or Grated Cheese  
Chocolate Sponge with Chocolate Sauce  
Fresh Fruit Platter, Fresh Yoghurt

#### Thursday

Beef & Onion Pie with Gravy & Mashed Potato  
Vegetable & Lentil Pie with Gravy & Mashed Potato **V**  
Broccoli & Green Beans  
Pasta with Tomato & Basil Sauce & Cheese  
Jam Sponge with Custard  
Fresh Fruit Platter, Strawberry Mousse

#### Friday

 Fish Fingers with Chips  
Bean Wrap with Chips **V**  
Baked Beans & Garden Peas  
Pasta with Tomato Sauce & Cheese  
Cherry & Coconut Flapjack  
Fresh Fruit Platter, Fresh Yoghurt

### WEEK 2:

7<sup>TH</sup> NOV, 28<sup>TH</sup> NOV, 19<sup>TH</sup> DEC, 16<sup>TH</sup> JAN, 6<sup>TH</sup> FEB, 6<sup>TH</sup> MAR, 27<sup>TH</sup> MAR

#### Monday

Baked Beef Lasagne  
Baked Vegetable Lasagne **V**  
Carrots & Green Beans  
Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese  
Apple Crumble with Custard  
Fresh Fruit Platter, Fresh Yoghurt

#### Tuesday

Chicken Curry with Rice  
Potato & Lentil Curry with Rice **V**  
Garden Peas  
Pasta with Tomato Sauce & Cheese  
Fruit Jelly  
Fresh Fruit Platter, Strawberry Mousse

#### Wednesday

Roast Beef with Trimmings & Roast Potatoes  
Macaroni Cheese **V**  
Seasonal Vegetables  
Jacket Potato with Baked Beans, Salmon Mayonnaise or Grated Cheese  
Chocolate Sponge with Chocolate Sauce  
Fresh Fruit Platter, Fresh Yoghurt

#### Thursday

Cottage Pie with Gravy  
Vegetable Cottage Pie with Gravy **V**  
Broccoli & Sweetcorn  
Pasta with Tomato & Basil Sauce & Cheese  
Sticky Toffee Pudding with Custard  
Fresh Fruit Platter, Strawberry Mousse

#### Friday

 Fish & Chips  
Falafel Wrap with Minted Yoghurt & Chips **V**  
Baked Beans & Garden Peas  
Pasta with Tomato Sauce & Cheese  
Shortbread  
Fresh Fruit Platter, Fresh Yoghurt

### WEEK 3:

14<sup>TH</sup> NOV, 5<sup>TH</sup> DEC, 2<sup>ND</sup> JAN, 23<sup>RD</sup> JAN, 13<sup>TH</sup> FEB, 13<sup>TH</sup> MAR, 3<sup>RD</sup> APR

#### Monday

Spaghetti Bolognese  
Spaghetti Bolognese **V**  
Carrots & Sweetcorn  
Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese  
Apple Crumble with Custard  
Fresh Fruit Platter, Fresh Yoghurt

#### Tuesday

Chicken Tikka with Rice  
Vegetable Tikka with Rice **V**  
Green Beans  
Pasta with Tomato Sauce & Cheese  
Fruit Jelly  
Fresh Fruit Platter, Strawberry Mousse


#### Wednesday

Roast Chicken with Stuffing & Roast Potatoes  
Leek & Potato Bake **V**  
Seasonal Vegetables  
Jacket Potato with Baked Beans, Salmon Mayonnaise or Grated Cheese  
Chocolate Sponge with Chocolate Sauce  
Fresh Fruit Platter, Fresh Yoghurt

#### Thursday

Sausages & Mashed Potato with Onion Gravy  
Vegetable Sausages with Gravy & Mashed Potato **V**  
Broccoli & Green Beans  
Pasta with Tomato & Basil Sauce & Cheese  
Lemon Cake with Custard  
Fresh Fruit Platter, Strawberry Mousse

#### Friday

 Fish Fingers & Chips  
Chickpea Burger with Chips **V**  
Baked Beans & Garden Peas  
Pasta with Tomato Sauce & Cheese  
Fruit Flapjack  
Fresh Fruit Platter, Fresh Yoghurt

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

**pabulummm**  
HONESTLY GOOD FOOD