

Dietary Requirements

If your child has a specific dietary requirement please contact us at specialdiets@pabulum-catering.co.uk

or for further details about Pabulum please visit our website:

www.pabulum-catering.co.uk

Pabulum Menu

Our new menus feature some positive changes as part of our Pabulum food evolution, which include:

- Our salad bar is completely allergen free featuring simple, wholesome and nutritious salads
- Pabulum believes strongly in fresh food and that means using unprocessed, seasonal British produce that's locally sourced. In our Primary schools, 94% of our dishes are prepared from fresh ingredients
- Our desserts include more fruits, vegetables and less free sugars. We will still be making our delicious unsweetened yoghurt, serving it with freshly made fruit purees and compotes
- We only buy from responsible fisheries, so that we know our fish is caught in a sustainable way

Accreditations



Your New Menu

Fresh, Wholesome,
Delicious Food

pabulum
HONESTLY GOOD FOOD

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

Monday

Main Meals	Sausage & Mash with Onion Gravy Tex Mex Vegetarian Sausage Hot Pot V Pasta with Cheese Sauce V
Vegetables	Sweetcorn & Peas Ve
Dessert	Vanilla Ice Cream with Fruit Compote V

Tuesday

Main Meals	Mild Chicken & Vegetable Curry with Steamed Rice Thai Vegetable Green Curry with Steamed Rice Ve Jacket Potato with Baked Beans Ve
Vegetables	Cauliflower & Green Beans Ve
Dessert	Fruit Burst Jelly Ve

Wednesday

Main Meals	Honey Roast Garmmon with Roast Potatoes & Gravy BBQ Roast Sweet Potato & Bean Loaf with Roast Potatoes & Gravy Ve Wholegrain Pasta with Tomato Sauce Ve
Vegetables	Seasonal Greens & Carrots Ve
Dessert	Apple & Oaty Topped Crumble Ve with Custard V

Thursday

Main Meals	Beef Bolognaise with Spaghetti Homemade Vegan Burger in a Bun Ve Jacket Potato with Cheese V
Vegetables	Broccoli & Sweetcorn Ve
Dessert	Chocolate & Beetroot Brownie V

Friday

Main Meals	Fish Fingers with Oven Baked Chips Vegetable Burrito Wrap Ve Pasta with Tomato Sauce Ve
Vegetables	Peas & Baked Beans Ve
Dessert	Maryland Cookie V

Freshly Baked Bread:

Garlic & Herb Bread V Wholemeal Bread V

Week 1:
19th April, 9th May, 6th June, 23rd June, 18th July, 30th August, 19th September, 10th October, 31st October

Monday

Main Meals	BBQ Chicken Pizza Margherita Pizza V Jacket Potato with Tuna Mayonnaise
Vegetables	Sweetcorn Ve & Colislaw V
Dessert	Chocolate & Courgette Sponge with Chocolate Sauce V

Tuesday

Main Meals	Turkey & Vegetable Pie Topped with Puff Pastry Sweet & Sour Vegetables with Steamed Rice Ve Wholegrain Pasta with Tomato Sauce Ve
Vegetables	Cauliflower & Peas Ve
Dessert	Oat & Cherry Cookie Ve

Wednesday

Main Meals	Roast Chicken with Roast Potatoes & Gravy Cauliflower & Cheese Bake with Roast Potatoes & Gravy V Pasta with Cheese Sauce V
Vegetables	Seasonal Greens & Carrots Ve
Dessert	Banana Flapjack Ve

Thursday

Main Meals	Beef & Bean Chili with Rice Vegan Chili Con Carne with Rice Ve Jacket Potato with Baked Beans Ve
Vegetables	Broccoli & Sweetcorn Ve
Dessert	Apple & Parsnip Sponge V

Friday

Main Meals	Battered Fish with Oven Baked Chips Vegetable Goujon with Oven Baked Chips Ve Pasta with Roasted Tomato Sauce Ve
Vegetables	Baked Beans & Peas Ve
Dessert	Vanilla Ice Cream with Peach Compote V

Freshly Baked Bread:

Carrot & Thyme Bread V Wholemeal Bread V

Week 2:
25th April, 16th May, 13th June, 4th July, 5th September, 26th September, 17th October

Monday

Main Meals	Cottage Pie topped with Sliced Sweet Potato Macaroni & Cheese V Jacket Potato with Baked Beans Ve
Vegetables	Peas & Carrots Ve
Dessert	Sticky Banana Bread V

Tuesday

Main Meals	Chicken & Sweetcorn Meatballs with Tomato Sauce & Pasta Vegetable Jambalaya Ve Jacket Potato with Salmon Mayonnaise
Vegetables	Cauliflower & Broccoli Ve
Dessert	Chocolate Shortbread Ve

Wednesday

Main Meals	Thyme Roast Chicken Breast with Roast Potatoes & Gravy Roasted Ratatouille with Crumble Ve Wholegrain Pasta with Cheese Sauce V
Vegetables	Seasonal Greens & Mashed Swede Ve
Dessert	Mandarin Jelly Ve

Thursday

Main Meals	Beef Burger in a Bun Vegan Bolognaise with Spaghetti Ve Jacket Potato with Baked Beans Ve
Vegetables	Sweetcorn Ve & Colislaw V
Dessert	Jammy Bread & Butter Pudding with Custard V

Friday

Main Meals	Fish Fingers with Oven Baked Chips BBQ Vegetable Quesadilla V Pasta with Tomato Sauce Ve
Vegetables	Baked Beans & Peas Ve
Dessert	Chocolate Mousse V

Freshly Baked Bread:

Tomato & Herb Bread V Wholemeal Bread V

Week 3:
3rd May, 23rd May, 20th June, 11th July, 12th September, 3rd October, 24th October

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians
All products are subject to availability.

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.