

## MONDAY

<b>MAIN MEAL</b>	Chicken & Vegetable Hotpot with Homemade Chunky Bread
<b>VEGGIE MEAL</b>	Slow Roasted Tomato, Onion & Cheddar Flan with Homemade Chunky Bread ✓
<b>SIDES</b>	Garden Peas & Traditional Coleslaw ✓
<b>DESSERT</b>	Chocolate & Pear Sponge with Chocolate Sauce ✓

## TUESDAY

<b>MAIN MEAL</b>	Slow Cooked Beef Masala Curry with Yellow Rice or a Chapati Bread
<b>VEGGIE MEAL</b>	Chickpea & Pineapple Raita Wrap ✓
<b>SIDES</b>	Sweetcorn & Roasted Cauliflower ✓
<b>DESSERT</b>	Ice Cream ✓

## WEDNESDAY

<b>MAIN MEAL</b>	Lemon & Thyme Infused Roasted British Chicken, Roast Potatoes with Traditional Gravy
<b>VEGGIE MEAL</b>	Lentil, Tomato & Potato Balti ✓
<b>SIDES</b>	Roasted Seasonal Root Vegetables & Cabbage ✓
<b>DESSERT</b>	Apple & Honey Oaty Crumble with Custard ✓

## THURSDAY

<b>MAIN MEAL</b>	British Cumberland Sausages with Mashed Potato in a Yorkshire Pudding & Red Onion Gravy
<b>VEGGIE MEAL</b>	Vegetarian Yorkshire Pudding Cottage Pie with Red Onion Gravy ✓
<b>SIDES</b>	Carrots & Green Beans ✓
<b>DESSERT</b>	Pineapple Upside Down Sponge with Custard ✓

## FRIDAY

<b>MAIN MEAL</b>	Battered Fish & Chips with Tartar Sauce
<b>VEGGIE MEAL</b>	Vegetarian Baked Pasta Bolognese & Pesto with Chips ✓
<b>SIDES</b>	Baked Beans & Garden Peas ✓
<b>DESSERT</b>	Shortbread Biscuit ✓

4<sup>TH</sup> NOV, 25<sup>TH</sup> NOV, 16<sup>TH</sup> DEC, 20<sup>TH</sup> JAN, 10<sup>TH</sup> FEB, 9<sup>TH</sup> MAR, 30<sup>TH</sup> MAR  
WEEK I - S

All products are subject to availability.

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HONESTLY GOOD FOOD

## MONDAY

**MAIN MEAL** Yorkshire Pudding Cottage Pie with Red Onion Gravy

**VEGGIE MEAL** Vegetarian Lasagne with a Garlic Bread Shard ✓

**SIDES** Garden Peas & Sweetcorn ✓

**DESSERT** Ice Cream ✓

## TUESDAY

**MAIN MEAL** British Chicken & Vegetable Pie with Mashed Potato & Gravy

**VEGGIE MEAL** Sweet & Spiced Potato & Chickpea Curry with Lemon Infused Rice ✓

**SIDES** Carrots & Broccoli ✓

**DESSERT** Apple & Cinnamon Crumble with Custard ✓

## WEDNESDAY

**MAIN MEAL** Honey Glazed Slow Roasted Gammon, Rosemary Roast Potatoes with Traditional Gravy

**VEGGIE MEAL** Spinach, Feta & Tomato Quiche with Rosemary Roast Potatoes ✓

**SIDES** Roasted Seasonal Root Vegetables & Garden Peas ✓

**DESSERT** Waffle with Chocolate Sauce ✓

## THURSDAY

**MAIN MEAL** Farm Assured British Beef Lasagne with a Garlic Bread Shard

**VEGGIE MEAL** Chilli Non Carne & Mexican Rice with a Taco Sail ✓

**SIDES** Green Beans & Carrots ✓

**DESSERT** Jam Sponge with Custard ✓

## FRIDAY

**MAIN MEAL** Battered Fish & Chips with Tartar Sauce

**VEGGIE MEAL** Falafel, Beetroot & Minted Yoghurt Wrap with Chips ✓

**SIDES** Baked Beans & Garden Peas ✓

**DESSERT** Banana Flapjack ✓

11<sup>TH</sup> NOV, 2<sup>ND</sup> DEC, 6<sup>TH</sup> JAN, 27<sup>TH</sup> JAN, 24<sup>TH</sup> FEB, 16<sup>TH</sup> MAR  
WEEK 2 - S

All products are subject to availability.

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HONESTLY GOOD FOOD

## MONDAY

<b>MAIN MEAL</b>	Oriental Pulled Pork & Mango Coleslaw Wrap with Asian Noodles
<b>VEGGIE MEAL</b>	Vegetarian Sausages with Mashed Potato & Red Onion Gravy ✓
<b>SIDES</b>	Carrots & Garden Peas ✓
<b>DESSERT</b>	Marbled Sponge with Chocolate Sauce ✓

## TUESDAY

<b>MAIN MEAL</b>	Chilli Con Carne & Mexican Rice with a Taco Sail
<b>VEGGIE MEAL</b>	Baked Sweet Potato & Spinach Pasta in a Mozzarella Cheese Sauce ✓
<b>SIDES</b>	Cauliflower & Green Beans ✓
<b>DESSERT</b>	Ice Cream ✓

## WEDNESDAY

<b>MAIN MEAL</b>	British Roast Chicken, Sage & Onion Stuffing, Roast Potatoes with Traditional Gravy
<b>VEGGIE MEAL</b>	Five Bean Enchilada Casserole with Roast Potatoes ✓
<b>SIDES</b>	Roasted Seasonal Root Vegetables & Broccoli ✓
<b>DESSERT</b>	Poached Apple & Pear Crumble with Custard ✓

## THURSDAY

<b>MAIN MEAL</b>	British Beef Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges
<b>VEGGIE MEAL</b>	Vegetarian Burger in a Bun with Homemade Tomato Relish & Hand Cut Potato Wedges ✓
<b>SIDES</b>	Sweetcorn & BBQ Coleslaw ✓
<b>DESSERT</b>	Carrot Cake with Custard ✓

## FRIDAY

<b>MAIN MEAL</b>	Battered Fish & Chips with Tartar Sauce
<b>VEGGIE MEAL</b>	Mediterranean Puff Pastry Tart & Chips ✓
<b>SIDES</b>	Baked Beans & Garden Peas ✓
<b>DESSERT</b>	Chocolate & Beetroot Brownie ✓

28<sup>TH</sup> OCT, 18<sup>TH</sup> NOV, 9<sup>TH</sup> DEC, 13<sup>TH</sup> JAN, 3<sup>RD</sup> FEB, 2<sup>ND</sup> MAR, 23<sup>RD</sup> MAR  
WEEK 3 - S

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HONESTLY GOOD FOOD