

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

4TH NOV, 25TH NOV, 16TH DEC, 20TH JAN, 10TH FEB, 9TH MAR, 30TH 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 ✓

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

All products are subject to availability.

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HONESTLY GOOD FOOD

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

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

All products are subject to availability.

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HONESTLY GOOD FOOD