

MADE FRESH EVERY DAY

ALSO AVAILABLE

A daily choice of two delicious homemade breads & eight fresh salads from our unlimited salad bar.

WEEK 1:

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

Monday

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 or 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 Sauce
Fresh Fruit Platter or Strawberry Mousse

Wednesday

BBQ Roast Chicken with 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 or Fresh Yoghurt

Thursday

Lamb 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 Sauce
Fresh Fruit Platter or 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 or Fresh Yoghurt

WEEK 2:

7TH NOV, 28TH NOV, 19TH DEC, 16TH JAN, 6TH FEB, 6TH MAR, 27TH MAR

Monday

Baked Lasagne
Baked Lasagne **V**
Carrots & Green Beans

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese
Apple Crumble with Custard Sauce
Fresh Fruit Platter or Fresh Yoghurt

Tuesday

Chicken Curry with Rice
Potato & Lentil Curry with Rice **V**
Green Beans

Pasta with Tomato Sauce & Cheese
Fruit Jelly
Fresh Fruit Platter or Strawberry Mousse

Wednesday

Roast Chicken with Stuffing & 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 or Fresh Yoghurt

Thursday

Shepherd's Pie with Gravy
Vegetable Shepherdess Pie with Gravy **V**
Broccoli & Sweetcorn

Pasta with Tomato & Basil Sauce & Cheese
Sticky Toffee Pudding with Custard Sauce
Fresh Fruit Platter or 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 or Fresh Yoghurt

WEEK 3:

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

Monday

Lamb Spaghetti Bolognese
Spaghetti Bolognese **V**
Carrots & Sweetcorn

Jacket Potato with Baked Beans, Tuna Mayonnaise or Grated Cheese
Apple Crumble with Custard Sauce
Fresh Fruit Platter or Fresh Yoghurt

Tuesday

Chicken Tikka with Rice
Vegetable Tikka with Rice **V**
Green Beans

Pasta with Tomato Sauce & Cheese
Fruit Jelly
Fresh Fruit Platter or 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 or Fresh Yoghurt

Thursday

Chicken Sausages with Gravy & Mashed Potato
Linda McCartney Sausages with Gravy & Mashed Potato **V**
Broccoli & Green Beans

Pasta with Tomato & Basil Sauce & Cheese
Lemon Cake with Custard Sauce
Fresh Fruit Platter or 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 or Fresh Yoghurt

For further details about Pabulum and allergen information please visit our website:

www.pabulum-catering.co.uk

V - Suitable for vegetarians

pabulummm
HONESTLY GOOD FOOD