

WHAT'S COOKING AT BULLERS WOOD GIRLS

Pabulum working in partnership with Bullers Wood Girls

Welcome to our e-brochure designed to tell you about the great things we have lined up for students at Bullers Wood Girls

Fresh, tasty & delicious meals from Pabulum

Pabulum have been at the forefront of delivering fantastic food in schools for over 25 years.

The key to our success has been to constantly challenge and evolve our food offers.

Our secondary school offer was fundamentally changed nearly five years ago, and it has continuously evolved over that time however student's perception of lunch at school is changing and we must anticipate and react to that. We are now ready to deliver a significant change.



We have met with industry experts, visited high street outlets and most importantly, held focus groups with hundreds of our student and staff customers.

Enjoy

There were consistent threads from the students;

- Keep the queuing to a minimum
- Deliver great value...they love meal deals
- Modern exciting food
- Protect the planet

Based on this research, our talented Development Chefs and Marketing teams have created 'Enjoy', a new concept offering seven distinct food destinations based on popular modern foods.

Let's have a look at a couple of our destinations...

Enjoy **MEXICAN**

1. CHOOSE IT

Chicken Fajita
cayenne pepper, garlic, red onion

Vegetarian Fajita ✓
Cayenne Pepper, Tomato, Red Onion

2. ADD IT

Chargrilled Wrap ✓

Green Rice ✓

3. TOP IT

Chipotle Sauce ✓

Lime & Yogurt Dressing ✓

Sour Cream

Roja Salsa

MAIN MEAL
1 + 2 = £2.20
MEAL DEAL
1 + 2 + 3 = £2.30

FREE Salad, Vegetables & Fruit with EVERY MEAL DEAL

Enjoy **ASIAN**

1. CHOOSE ITS

Thai Green Chicken Curry
coconut milk, lime, lemongrass, coriander, chilli

Ramen Vegetable Bowl ✓
egg noodles, lemongrass, bean sprouts

2. ADD IT

Egg Fried Rice

Chapatti

TOP IT

Sweet Chilli Sauce

BBQ Sauce

Hoi Sin Sauce

Asian Coleslaw

MAIN MEAL
1 + 2 = £2.20
MEAL DEAL
1 + 2 + 3 = £2.30

FREE Salad, Vegetables & Fruit with EVERY MEAL DEAL

Healthy Eating

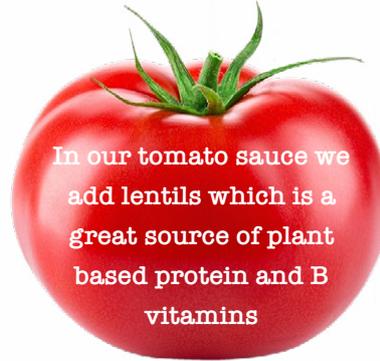
Our menus are designed to ensure that students chose nutritious tasty meals that comply with the Nutrient Based Standards for Trust Lunches. The School

Food Standards are intended to encourage students to develop healthy eating habits

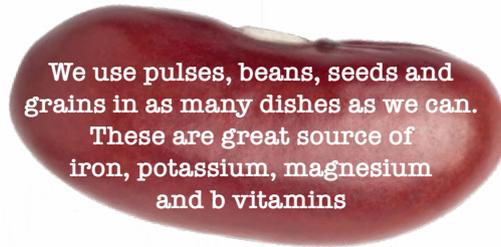
and ensure that they get the energy and nutrition they need across the whole school day. However, we also need to consider that students are very much influenced by what they see on the high street so our offer needs to be modern and exciting, reflecting what students like to eat and representing great value for money.



The meals Pabulum serve are prepared on site daily using fresh ingredients and local produce. The principle of a balanced menu emphasises the importance of providing a wide range of foods across the week. Variety is key



In our tomato sauce we add lentils which is a great source of plant based protein and B vitamins



We use pulses, beans, seeds and grains in as many dishes as we can. These are great source of iron, potassium, magnesium and b vitamins

including different fruits, vegetables, grains, pluses, meats and fish.

When creating our dishes our recipes often contain “hidden goodness” for example:



We include beetroot in our chocolate brownies to incorporate additional vitamin c, fibre, manganese, potassium, iron, and because it is a natural sweetener.



In our Deli offer we offer a range of wholemeal, seeded and speciality breads

Ecological & Environmental Status

Pabulum acknowledges that it has a part to play in an integrated approach to the environmental and sustainability performance of your school.

We are pleased to share our commitment to improving our impact on the environment

- Meals will be available on plates, or melamine ‘pots’. If students want a take-away or hand held option, our reusable pots will enhance the meal experience compared to disposable containers and reduce the impact on the environment. Students and staff can choose a disposable Vegware biodegradable container if they wish but there will be a small additional charge of £0.20.
- Our salad containers are manufactured from 50% recycled RPET
- Birchwood cutlery is now used and plastic straws have been replaced with paper straws

- We have replaced 1-ply white (bleached) napkins to a 2-ply non-bleached, compostable napkin
- We have asked our suppliers to change all packaging from cardboard to reusable boxes



Tariff

Hot Main Meal Deal	£2.30
Cold Deli Meal Deal	£2.30
Hot Main Meal	£2.20
Paninis	£2.00
Salad Pots from	£1.15
Sandwiches from	£1.15
Fresh Fruit Salad	£1.10
Cold Desserts from	£0.70