

LET'S SEE WHAT'S FOR LUNCH...



MENU - WEEK 2

MONDAY

MAIN	Beef & Bean Chilli with Steamed Rice
VEGETARIAN MAIN	Vegan Bean Chilli with Steamed Rice
PASTA OR JACKET	Pasta with Tomato & Vegetable Sauce
TO GO WITH	Sweetcorn & Carrots
SANDWICHES 1	Ham Salad Wrap
SANDWICHES 2	Cheese & Tomato Bloomer
DESSERT	Jam & Coconut Sponge

TUESDAY

MAIN	Chicken Tikka Curry with Steamed Rice
VEGETARIAN MAIN	Homemade Margherita Pizza with Spiced Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans or Salmon Mayonnaise
TO GO WITH	Spiced Roasted Cauliflower & Broccoli
SANDWICHES 1	Egg Mayonnaise Sandwich
SANDWICHES 2	Cheese Salad Wrap
DESSERT	Apple & Carrot Flapjack

WEDNESDAY

MAIN	Roast Leg of Pork with Gravy
VEGETARIAN MAIN	Sweet Potato & Leek Frittata with Gravy
PASTA OR JACKET	Pasta with Tomato & Vegetable Sauce
TO GO WITH	Roast Potatoes & Broccoli & Carrots
SANDWICHES 1	Cheese & Tomato Bloomer
SANDWICHES 2	Ham Sandwich
DESSERT	Fruit Jelly

WEEK 2:

12TH JAN, 2ND FEB, 23RD FEB, 16TH MAR, 6TH APR, 27TH APR, 18TH MAY, 8TH JUN,
29TH JUN, 20TH JUL, 7TH SEPT, 28TH SEPT, 19TH OCT, 9TH NOV, 30TH NOV, 21ST DEC

MAIN

VEGETARIAN MAIN

PASTA OR JACKET

TO GO WITH

SANDWICHES 1

SANDWICHES 2

DESSERT

THURSDAY

Beef Meatballs in a Roasted Tomato & Basil Sauce with Pasta

Vegan Meatballs in a Roasted Tomato & Basil Sauce with Pasta

Pasta with Squash & Tomato Sauce

Corn on the Cob & Roasted Carrots

Cheese Sandwich

Chicken Mayonnaise Baguette

Homemade Strawberry Cheesecake

FRIDAY

Fish Fingers, Chips & Ketchup

Vegan Quorn Nuggets with Chips & Ketchup

Baked Jackets with Baked Beans

Baked Beans & Peas

Egg Mayonnaise Sandwich

Ham Salad Baguette

Vanilla Ice Cream

ALSO AVAILABLE EVERY DAY

Fresh Fruit

Yoghurt

Jelly



BM1FRIARS

JANUARY 2026



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HONESTLY GOOD FOOD

