

# Let's see what's for lunch...

Week 1

Monday

## Main Meals

Beef Bolognese with Spaghetti  
Vegan Bolognese with Spaghetti  
Baked Jackets with Grated Cheese

## Served with

Peas & Broccoli

## Sandwiches

Chicken Mayonnaise Baguette  
Cheese Salad Wrap

## Dessert

Maryland Cookie

Tuesday

## Main Meals

Ham & Cheese Pizza with Baked Wedges  
Margherita Pizza with Baked Wedges  
Pasta & Tomato Sauce

## Served with

Carrots & Sweetcorn

## Sandwiches

Ham Sandwich  
Cheese & Tomato Bloomer

## Dessert

Apple Crumble with Custard

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Squash & Lentil Lasagne  
Baked Jackets with Baked Beans

## Served with

Seasonal Greens & Cauliflower

## Sandwiches

Tuna Sweetcorn Baguette  
Cheese Sandwich

## Dessert

Cherry Cornflake Cake

Thursday

## Main Meals

Mild Chicken & Vegetable Curry with Steamed Rice  
Vegan Bean Chilli with Steamed Rice  
Pasta & Tomato Sauce

## Served with

Broccoli & Carrots

## Sandwiches

Tuna Mayo Sandwich  
Cheese Salad Wrap

## Dessert

Chocolate & Pear Sponge

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Goujons with Chips & Ketchup  
Baked Jackets with Grated Cheese

## Served with

Peas & Baked Beans

## Sandwiches

Ham Sandwich  
Egg Mayo Baguette

## Dessert

Banana Flapjack

### Freshly Baked Bread:

Carrot & Beetroot or Wholemeal Bread

Week 1: 1<sup>st</sup> January, 22<sup>nd</sup> January, 12<sup>th</sup> February, 4<sup>th</sup> March, 25<sup>th</sup> March, 15<sup>th</sup> April, 6<sup>th</sup> May

Week 2

Monday

## Main Meals

Pork Sausage with Mashed Potato & Gravy  
Vegan Sausage with Mashed Potato & Gravy  
Pasta & Tomato Sauce

## Served with

Sweetcorn & Baked Beans

## Sandwiches

Cheese Sandwich  
Ham Salad Wrap

## Dessert

Chocolate Rice Krispie Cake

Tuesday

## Main Meals

Chicken & Sweetcorn Pasta  
Vegan Sweet & Sour Vegetables with Steamed Rice  
Baked Jackets with Grated Cheese

## Served with

Carrots & Broccoli

## Sandwiches

Egg Mayonnaise Sandwich  
Cheese Salad Wrap

## Dessert

Mandarin Jelly

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Sweet Chilli Stir-fry Mushroom & Vegetable Noodles  
Wholewheat Pasta & Tomato Sauce

## Served with

Seasonal Greens & Peas

## Sandwiches

Cheese & Tomato Bloomer  
Ham Sandwich

## Dessert

Vanilla Ice Cream

Thursday

## Main Meals

Beef Keema with Turmeric Rice  
Vegan Layered Vegetable & Sweet Potato Bake  
Baked Jackets with Baked Beans or Salmon Mayonnaise

## Served with

Carrots & Sweetcorn

## Sandwiches

Cheese Sandwich  
Chicken Mayonnaise Baguette

## Dessert

Apple & Carrot Flapjack

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Fajita Wrap with Chips & Ketchup  
Pasta & Tomato Sauce

## Served with

Peas & Baked Beans

## Sandwiches

Egg Mayonnaise Sandwich  
Ham Salad Baguette

## Dessert

Lemon Drizzle Sponge

### Freshly Baked Bread:

Garlic & Herb or Wholemeal Bread

Week 2: 8<sup>th</sup> January, 29<sup>th</sup> January, 19<sup>th</sup> February, 11<sup>th</sup> March, 1<sup>st</sup> April, 22<sup>nd</sup> April, 13<sup>th</sup> May

Week 3

Monday

## Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne  
Vegan Roasted Ratatouille with Penne  
Baked Jackets with Grated Cheese

## Served with

Carrots & Broccoli

## Sandwiches

Ham Salad Wrap  
Cheese & Tomato Bloomer

## Dessert

Orange Shortbread Biscuit

Tuesday

## Main Meals

Bacon & Mushroom Carbonara with Pasta  
Vegan Lentil & Vegetable Curry with Steamed Rice  
Pasta & Tomato Sauce

## Served with

Sweetcorn & Coleslaw

## Sandwiches

Tuna Sweetcorn Baguette  
Cheese Sandwich

## Dessert

Carrot Cake

Wednesday

## Main Meals

Herby Roast Chicken with Roast Potatoes & Gravy  
3 Vegetable Mac n' Cheese  
Baked Jackets with Baked Beans

## Served with

Seasonal Greens & Broccoli

## Sandwiches

Tuna Mayonnaise Sandwich  
Cheese Salad Wrap

## Dessert

Chocolate & Beetroot Brownie

Thursday

## Main Meals

Cottage Pie Topped with Sweet Potato Mash  
Vegan Chickpea & Spinach Korma with Steamed Rice  
Pasta & Tomato Sauce

## Served with

Cauliflower & Carrots

## Sandwiches

Chicken Mayonnaise Baguette  
Ham Sandwich

## Dessert

Vanilla Ice Cream

Friday

## Main Meals

Breaded Fish Fingers with Chips & Ketchup  
Vegan Bubble & Squeak with Chips & Ketchup  
Baked Jackets with Grated Cheese

## Served with

Peas & Baked Beans

## Sandwiches

Ham Salad Bloomer  
Cheese Sandwich

## Dessert

Apple & Parsnip Cake

### Freshly Baked Bread:

Courgette & Tomato or Wholemeal Bread

Week 3: 15<sup>th</sup> January, 5<sup>th</sup> February, 26<sup>th</sup> February, 18<sup>th</sup> March, 8<sup>th</sup> April, 29<sup>th</sup> April, 20<sup>th</sup> May

### Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

Available Every Day:  
Fresh Fruit, Yoghurt or Jelly



BM1 Friars  
Jan 2024

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD