



MENU – WEEK 3

MONDAY

MAIN	Grilled Cumberland Sausage with Mashed Potatoes & Gravy
VEGETARIAN MAIN	Vegan Sausage with Mashed Potatoes & Gravy
PASTA OR JACKET	Pasta with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Carrots
SANDWICHES 1	Cheese Sandwich
SANDWICHES 2	Ham Salad Wrap
DESSERT	Marble Sponge with Custard

TUESDAY

MAIN	Homemade BBQ Chicken Pizza with Spiced Baked Wedges
VEGETARIAN MAIN	Homemade Margherita Pizza with Spiced Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Sweetcorn & Coleslaw
SANDWICHES 1	Tuna & Sweetcorn Baguette
SANDWICHES 2	Cheese Sandwich
DESSERT	Carrot Cake

WEDNESDAY

MAIN	Herby Roast Chicken with Gravy
VEGETARIAN MAIN	Roasted Vegetable & Lentil Loaf with Gravy
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Roast Potatoes, Carrots & Seasonal Greens
SANDWICHES 1	Tuna Mayo Sandwich
SANDWICHES 2	Cheese Salad Wrap
DESSERT	Chocolate & Sweet Potato Brownie

WEEK 3:

19TH JAN, 9TH FEB, 2ND MAR, 23RD MAR, 13TH APR, 4TH MAY, 25TH MAY, 15TH JUN,
6TH JUL, 27TH JUL, 14TH SEPT, 5TH OCT, 26TH OCT, 16TH NOV, 7TH DEC

THURSDAY

MAIN	Traditional Beef Lasagne with Garlic Bread
VEGETARIAN MAIN	Vegan Bean Bolognese with Pasta & Garlic Bread
PASTA OR JACKET	Wholemeal Pasta with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Carrots
SANDWICHES 1	Chicken Mayonnaise Baguette
SANDWICHES 2	Cheese Sandwich
DESSERT	Oaty & Sultana Cookie

FRIDAY

MAIN	Fish Fingers , Chips & Ketchup
VEGETARIAN MAIN	Vegetable Burger with Chips & Ketchup
PASTA OR JACKET	Pasta with Squash & Tomato Sauce
TO GO WITH	Baked Beans & Peas
SANDWICHES 1	Ham Salad Baguette
SANDWICHES 2	Cheese Sandwich
DESSERT	Fruit Jelly

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread
Carrot & Beetroot Bread

Fresh Fruit
Yoghurt
Jelly

BM1FRIARS
JANUARY 2026

