

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

## MENU - WEEK 3

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

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

### MAIN

### VEGETARIAN MAIN

### PASTA OR JACKET

### TO GO WITH

### SANDWICHES 1

### SANDWICHES 2

### DESSERT

### THURSDAY

Traditional Beef Lasagne with Garlic Bread

Vegan Bean Bolognese with Pasta & Garlic Bread

Wholemeal Pasta with Tomato & Basil Sauce

Steamed Peas & Carrots

Chicken Mayonnaise Baguette

Cheese Sandwich

Oaty & Sultana Cookie

### FRIDAY

Fish Fingers, Chips & Ketchup

Vegetable Burger with Chips & Ketchup

Pasta with Squash & Tomato Sauce

Baked Beans & Peas

Ham Salad Baguette

Cheese Sandwich

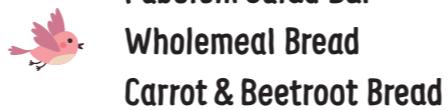
Fruit Jelly

### ALSO AVAILABLE EVERY DAY

Fresh Fruit

Yoghurt

Jelly



BM1FRIARS  
JANUARY 2026



**pabulummm**  
HONESTLY GOOD FOOD