

MENU – WEEK 1

MONDAY

- MAIN Beef Bolognaise with Spaghetti
- VEGETARIAN MAIN Spinach & Pesto Sauce with Spaghetti
- PASTA OR JACKET Baked Jackets with Baked Beans
- TO GO WITH Broccoli & Sweetcorn
- SANDWICHES 1 Chicken Mayonnaise Baguette
- SANDWICHES 2 Cheese Salad Wrap
- DESSERT Chocolate & Courgette Sponge

TUESDAY

- MAIN Chicken & Sweetcorn Meatballs in a Tomato Sauce with Pasta
- VEGETARIAN MAIN Vegan Meatballs in a Roasted Tomato & Basil Sauce with Pasta
- PASTA OR JACKET Pasta with Tomato & Basil Sauce
- TO GO WITH Steamed Peas & Cauliflower
- SANDWICHES 1 Ham Sandwich
- SANDWICHES 2 Cheese & Tomato Bloomer
- DESSERT Vanilla Ice Cream

WEDNESDAY

- MAIN BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy
- VEGETARIAN MAIN Mac N' Cheese with Garlic Bread
- PASTA OR JACKET Baked Jackets with Baked Beans
- TO GO WITH Carrots & Seasonal Greens
- SANDWICHES 1 Tuna & Sweetcorn Baguette
- SANDWICHES 2 Cheese Sandwich
- DESSERT Banana Flapjack

WEEK 1:

5TH JAN, 26TH JAN, 16TH FEB, 9TH MAR, 30TH MAR, 20TH APR, 11TH MAY, 1ST JUN, 22ND JUN, 13TH JUL, 31ST AUG, 21ST SEPT, 12TH OCT, 2ND NOV, 23RD NOV, 14TH DEC

THURSDAY

- MAIN BBQ Pulled Pork with Toasted Tortilla
- VEGETARIAN MAIN Vegetarian Chilli Taco with Cajun Sweet Potato Wedges
- PASTA OR JACKET Pasta with Squash & Tomato Sauce
- TO GO WITH Roasted Carrots & Sweetcorn
- SANDWICHES 1 Tuna Mayo Sandwich
- SANDWICHES 2 Cheese Salad Wrap
- DESSERT Iced Lemon Cake with Sprinkles

FRIDAY

- MAIN Fish Fingers , Chips & Ketchup
- VEGETARIAN MAIN Baked Crispy Vegetable Fingers & Garlic Mayo Wrap with Chips
- PASTA OR JACKET Baked Jackets with Baked Beans
- TO GO WITH Baked Beans & Peas
- SANDWICHES 1 Ham Sandwich
- SANDWICHES 2 Egg Mayo Baguette
- DESSERT Maryland Cookie

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread
- Courgette & Tomato Bread

- Fresh Fruit
- Yoghurt
- Jelly

BM1FRIARS
JANUARY 2026

