

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

## MENU - WEEK 1

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

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

### MAIN

### VEGETARIAN MAIN

### PASTA OR JACKET

### TO GO WITH

### SANDWICHES 1

### SANDWICHES 2

### DESSERT

### THURSDAY

BBQ Pulled Pork with Toasted Tortilla

Vegetarian Chilli Taco with Cajun Sweet Potato Wedges

Pasta with Squash & Tomato Sauce

Roasted Carrots & Sweetcorn

Tuna Mayo Sandwich

Cheese Salad Wrap

Iced Lemon Cake with Sprinkles

### FRIDAY

Fish Fingers , Chips & Ketchup

Baked Crispy Vegetable Fingers & Garlic Mayo Wrap with Chips

Baked Jackets with Baked Beans

Baked Beans & Peas

Ham Sandwich

Egg Mayo Baguette

Maryland Cookie

### ALSO AVAILABLE EVERY DAY

Fresh Fruit

Yoghurt

Jelly



BM1FRIARS

JANUARY 2026



**pabulummm**  
HONESTLY GOOD FOOD