

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

Week 1

Monday

Main Meals

Baked Sausages (G,SU) with Crushed Potatoes & Gravy
3 Veg Macaroni Cheese (G,MK)
Pasta (G) with Tomato & Basil Sauce

Sandwiches

Chicken Mayonnaise Baguette (G,E,so)
Cheese Salad Wrap (G,MK)

Served with

Baked Beans & Peas

Dessert

Chocolate & Sweet Potato Brownie (G,E)

Tuesday

Main Meals

Beef & Bean Chilli with Steamed Rice
Vegan Bean Chilli (SO) with Steamed Rice
Jacket Potato with Baked Beans

Sandwiches

Ham Sandwich (G,SO)
Cheese & Tomato Bloomer (G,MK)

Served with

Sweetcorn & Broccoli

Dessert

Courgette & Oat Cookie (G)

Wednesday

Main Meals

Roast Chicken Fillets with Gravy
Vegan Squash, Sweet Potato & Bean Hot Pot
Pasta (G) with Tomato & Basil Sauce

Sandwiches

Tuna & Sweetcorn Baguette (G,F,E,so)
Cheese Sandwich (G,SO,MK)

Served with

Roast Potatoes, Seasonal Greens & Carrots

Dessert

Vanilla Ice Cream (MK)

Thursday

Main Meals

Beef & Vegetable Ragu with Penne Pasta (G)
Vegetable Chow Mein (G,E,SO)
Jacket Potato with Cheddar Cheese (MK)

Sandwiches

Tuna Mayonnaise Sandwich (G,F,E,SO)
Cheese Salad Wrap (G,MK)

Served with

Cauliflower & Roasted Carrots

Dessert

Apple & Parsnip Sponge (G,E)

Friday

Main Meals

Fish Fingers (G,F), Chips & Ketchup
Vegan Vegetable Fingers, Chips & Ketchup
Pasta (G) with Tomato & Basil Sauce

Sandwiches

Ham Sandwich (G,SO)
Egg Mayo Baguette (G,E,so)

Served with

Baked Beans & Peas

Dessert

Fruit Jelly

Freshly Baked Bread:

Tomato & Rosemary Bread (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

Week 2

Monday

Main Meals

Beef Bolognese & Penne Pasta Bake (G,MK)
Vegan Bolognese (SO,g) with Spaghetti (G)
Jacket Potato with Baked Beans

Sandwiches

Cheese Sandwich (G,SO,MK)
Ham Salad Wrap (G)

Served with

Cauliflower & Green Beans

Dessert

Maryland Cookie (G,mk)

Tuesday

Main Meals

Caribbean Chicken & Sweet Potato Curry with Steamed Rice
Vegan Spiced Squash & Potato Samosa (G)
Pasta (G) with Squash & Tomato Sauce

Sandwiches

Egg Mayonnaise Sandwich (G,E,SO)
Cheese Salad Wrap (G,MK)

Served with

Carrots & Peas

Dessert

Carrot & Apple Flapjack (G)

Wednesday

Main Meals

Honey Roast Gammon with Gravy
Vegan Bombay Chickpea Burrito (G)
Pasta (G) with Squash & Tomato Sauce

Sandwiches

Cheese & Tomato Bloomer (G,MK)
Ham Sandwich (G,SO)

Served with

Roast Potatoes, Seasonal Greens & Carrots

Dessert

Banana & Cinnamon Sponge (G,E)

Thursday

Main Meals

Curried Beef & Vegetables with Steamed Rice
Vegan Mexican Bean & Vegetable Savoury Rice
Jacket Potato with Cheddar Cheese (MK)

Sandwiches

Cheese Sandwich (G,SO,MK)
Chicken Mayonnaise Baguette (G,E,so)

Served with

Broccoli & Sweetcorn

Dessert

Cherry Shortbread (G,SU)

Friday

Main Meals

Fish Fingers (G,F), Chips & Ketchup
Vegan Boston BBQ 3 Bean Stew with Baked Jackets
Pasta (G) with Squash & Tomato Sauce

Sandwiches

Egg Mayonnaise Sandwich (G,E,SO)
Ham Salad Baguette (G,so)

Served with

Baked Beans & Peas

Dessert

Vanilla Ice Cream (MK)

Freshly Baked Bread: Beetroot & Herb (G,SO,MK,e) or Wholemeal Bread(G,SO,MK,e)

Week 2: 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

Week 3

Monday

Main Meals

Homemade Pepperoni Pizza (G,SO,MK,e) with Baked Wedges
Margherita Pizza (G,SO,MK,e) with Baked Wedges
Pasta (G) with Tomato & Vegetable Sauce

Sandwiches

Ham Salad Wrap (G)
Cheese & Tomato Bloomer (G,MK)

Served with

Classic Coleslaw (E) & Sweetcorn

Dessert

Cinnamon Apple Crumble (G) with Custard (MK)

Tuesday

Main Meals

Chicken Biryani (g) with Vegetable Dhal (g)
Vegan Aubergine & Courgette Tagine (g) with Cous Cous (G,so,mu)
Jacket Potato with Baked Beans

Sandwiches

Tuna & Sweetcorn Baguette (G,F,E,so)
Cheese Sandwich (G,SO,MK)

Served with

Broccoli & Cauliflower

Dessert

Sultana & Oat Cookie (G)

Wednesday

Main Meals

Slow Roast Beef & Root Vegetables with Gravy
Vegan Country Vegetable & Bean Pie (G)
Pasta (G) with Tomato & Vegetable Sauce

Sandwiches

Tuna Mayonnaise Sandwich (G,F,E,SO)
Cheese Salad Wrap (G,MK)

Served with

Broccoli & Cauliflower

Dessert

Fruit Jelly

Thursday

Main Meals

Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta (G)
Vegan Tofu Sweet & Sour Vegetables (G,SO) with Steamed Rice
Jacket Potato with Salmon Mayonnaise (F,E) or Baked Beans

Sandwiches

Chicken Mayonnaise Baguette (G,E,so)
Cheese Sandwich (G,SO,MK)

Served with

Cauliflower & Roasted Carrots

Dessert

Orange Drizzle Cake (G,E)

Friday

Main Meals

Fish Fingers (G,F), Chips & Ketchup
Mexican Roasted Vegetable & Bean Quesadilla (G)
Wholewheat Pasta (G) with Tomato & Vegetable Sauce

Sandwiches

Ham Salad Bloomer (G)
Cheese Sandwich (G,MK,SO)

Served with

Baked Beans Peas

Dessert

Chocolate & Courgette Rice Krispie Cake (G)

Freshly Baked Bread: Pesto & Garlic (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

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 (SO,MK) or Jelly



Made Fresh Every Day
All our food is freshly prepared using seasonal produce from local suppliers. We are proud to always cook from scratch.

Allergen Key -
CAPITAL LETTERS = contains, lower case = may contain
Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P), Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BM1Friars
Jan 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD