

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

Week 1

Monday

## Main Meals

Ham & Pineapple Pizza (G,SO,MK,e) with Baked Jacket Wedges  
Margherita Pizza (G,SO,MK,e) V with Baked Jacket Wedges  
Jacket Potato with Baked Beans Ve

## Sandwiches

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

## Vegetables

Sweetcorn Ve

## Dessert

Chocolate Rice Krispie Cake (G) V

Tuesday

## Main Meals

Beef Bolognese (C) with Spaghetti (G)  
Vegan Bolognese (SO,g) with Spaghetti (G) Ve  
Jacket Potato with Cheese (MK) V

## Sandwiches

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

## Vegetables

Peas Ve

## Dessert

Carrot Cake (G,E) V

Wednesday

## Main Meals

Roast Chicken with Roast Potatoes & Gravy  
Macaroni & Cheese (G,MK) V  
Jacket Potato with Salmon Mayonnaise (E,F)

## Sandwiches

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

## Vegetables

Seasonal Greens Ve

## Dessert

Vanilla Ice Cream (MK) V

Thursday

## Main Meals

Chicken Fajita Wrap (G)  
Vegetable & Bean Burrito (G,SO) Ve  
Pasta (G) with Roasted Tomato & Basil Sauce Ve

## Sandwiches

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

## Vegetables

Steamed Carrots Ve

## Dessert

Maryland Cookie (G,mk) V

Friday

## Main Meals

Breaded Fish Fingers (G,F)  
Vegetable & Bean Chimichangas (G,MK,C) V  
Pasta (G) with Cheese Sauce (G,MK) V

## Sandwiches

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

## Vegetables

Chips & Baked Beans Ve

## Dessert

Chocolate & Courgette Sponge (G,E) V

### Freshly Baked Bread:

Pesto Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 1:

9<sup>th</sup> October, 30<sup>th</sup> October, 20<sup>th</sup> November, 11<sup>th</sup> December

### 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 Ve, Yoghurt (SO,MK) V or Jelly Ve

Week 2

Monday

## Main Meals

Beef Burger in a Bun (G,se) with Baked Jacket Wedges  
Vegetable Burger in a Bun (G,se) Ve with Baked Jacket Wedges  
Wholewheat Pasta (G) with Arrabiatta Sauce (SU,g) Ve

## Sandwiches

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

## Vegetables

Carrot Sticks Ve

## Dessert

Lemon Drizzle Sponge (G,E) V

Tuesday

## Main Meals

Beef Lasagne (G,MK,e)  
Vegetable Fajita Wrap (G,SO) Ve  
Jacket Potato with Cheese (MK) V

## Sandwiches

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

## Vegetables

Sweetcorn Ve

## Dessert

Flapjack (G) Ve

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy  
Ratatouille Pasta Bake (G) Ve  
Jacket Potato with Baked Beans Ve

## Sandwiches

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

## Vegetables

Pan Fried Leeks Ve

## Dessert

Orange Shortbread Biscuit (G) Ve

Thursday

## Main Meals

Chicken Tikka Masala (MU) & Rice  
Vegetable Pasanda (MU) with Rice Ve  
Pasta (G) with Tomato & Vegetable Sauce (g) Ve

## Sandwiches

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

## Vegetables

Broccoli Ve

## Dessert

Apple Crumble (G) Ve with Custard (MK) V

Friday

## Main Meals

Breaded Fish Fingers (G,F)  
Spiced Squash & Spinach Samosa (G) Ve  
Pasta (G) with Cheese Sauce (G,MK) V

## Sandwiches

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

## Vegetables

Chips & Baked Beans Ve

## Dessert

Apple & Parsnip Cake (G,E) V

### Freshly Baked Bread:

Tomato & Herb Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 2:

16<sup>th</sup> October, 6<sup>th</sup> November, 27<sup>th</sup> November, 18<sup>th</sup> December

Week 3

Monday

## Main Meals

Cumberland Sausages (G,SU) with Mashed Potato & Gravy  
Vegan Sausages (G) with Mashed Potato & Gravy Ve  
Pasta (G) with Cheese Sauce (G,MK) V

## Sandwiches

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

## Vegetables

Peas Ve

## Dessert

Apple & Carrot Flapjack (G) Ve

Tuesday

## Main Meals

Beef Chilli (C,g) with Steamed Rice  
Vegetable Chilli (SO,C,g) with Steamed Rice Ve  
Jacket Potato with Cheese (MK) V

## Sandwiches

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

## Vegetables

Steamed Carrots Ve

## Dessert

Chocolate & Beetroot Brownie (G,E) V

Wednesday

## Main Meals

Sticky Glazed Chicken  
Margherita Pizza (G,SO,MK,e) V  
Pasta (G) with Tomato & Basil Sauce (g) Ve

## Sandwiches

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

## Vegetables

Spicy Potato Wedges Ve & Coleslaw (E) V

## Dessert

Cherry Cornflake Cake (G,SU) V

Thursday

## Main Meals

Creamy Pesto Chicken (G,MK) with Fusilli Pasta (G)  
Vegetable Pasta Bake (G,MK,C) V  
Jacket Potato with Baked Beans Ve

## Sandwiches

Chicken Mayonnaise Baguette (G,E,so)  
Ham Sandwich (G,SO)

## Vegetables

Pan Fried Leeks Ve

## Dessert

Vanilla Ice Cream (MK) V

Friday

## Main Meals

Breaded Fish Fingers (G,F)  
Vegetable & Bean Stuffed Pitta Pocket (G) Ve  
Pasta (G) with Tomato & Lentil Sauce (C,g) Ve

## Sandwiches

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

## Vegetables

Chips & Baked Beans Ve

## Dessert

Chocolate Shortbread Biscuit (G) Ve

### Freshly Baked Bread:

Garlic & Rosemary Bread (G,SO,MK,e) V Wholemeal Bread (G,SO,MK,e) V

Week 3:

2<sup>nd</sup> October, 23<sup>rd</sup> October, 13<sup>th</sup> November, 4<sup>th</sup> December

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)

BM1 Friars Primary  
Oct 2023

All products are subject to availability

**pabulummm**  
HONESTLY GOOD FOOD

