

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

Monday

## Main Meals

Chicken & Pesto Pasta Bake (G,MK)  
Margarita Pizza (G,MK) with Potato Salad (E) ✓  
Jacket Potato with Baked Beans ✓  
or Cheese (MK) ✓

## Vegetables

Sweetcorn & Green Beans ✓

## Dessert

Cinnamon & Sultana  
Bread & Butter Pudding  
(G,SO,MK,E,se)  
with Custard (MK) ✓

Tuesday

## Main Meals

Chicken Fajita with Rice  
Vegetarian Burger (G) in a Bun (G,se)  
with Oven Baked Wedges ✓  
Pasta (G) with Tomato & Basil Sauce (g) ✓

## Vegetables

Peas ✓ & Coleslaw (E) ✓

## Dessert

Marble Sponge (G,E)  
with Custard (MK) ✓

Wednesday

## Main Meals

Roast Chicken Fillets in Tomato Sauce  
with Roast Potatoes  
Chick Pea & Cauliflower Bake  
with Roast Potatoes ✓  
Wholemeal Pasta (G)  
with Cheese Sauce (G,MK) ✓

## Vegetables

Carrots & Cabbage ✓

## Dessert

Waffles (G,E,SO,mk)  
with Berry Compote ✓

Thursday

## Main Meals

Sausages (G,SU) with Mashed Potato & Gravy  
Roasted Rataouille Pasta Bake (G,MK) ✓  
Jacket Potato with Tuna Mayonnaise (F,E)  
or Cheese (MK) ✓

## Vegetables

Broccoli & Sweetcorn ✓

## Dessert

Carrot Cake (G,E,mk) ✓

Friday

## Main Meals

Oven Baked Fish Fingers (G,F)  
with Oven Baked Chips  
Vegetable Fingers (G)  
with Oven Baked Chips ✓  
Pasta (G) with Tomato & Basil Sauce (g) ✓

## Vegetables

Baked Beans & Peas ✓

## Dessert

Pear & Berry Crumble (G) ✓  
with Custard (MK) ✓

### Freshly Baked Bread:

Pumpkin & Carrot (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

### Week 1:

1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 3<sup>rd</sup> Jan, 24<sup>th</sup> Jan, 14<sup>th</sup> Feb, 7<sup>th</sup> Mar, 28<sup>th</sup> Mar

Monday

## Main Meals

Ham & Leek Mac n Cheese (G,MK)  
with Garlic Bread (G,SO,MK,e)  
Vegetable & Bean Stew ✓  
with Garlic Bread (G,SO,MK,e) ✓  
Jacket Potato with Tuna Mayonnaise (F,E)  
or Cheese (MK) ✓

## Vegetables

Broccoli Florets & Carrots ✓

## Dessert

Apple & Sultana Crumble (G)  
✓ with Custard (MK) ✓

Tuesday

## Main Meals

Beef Lasagne (G,MK,e)  
Vegetable Fajita (G,SO) with Rice ✓  
Wholemeal Pasta (G)  
with Cheese Sauce (G,MK) ✓

## Vegetables

Green Beans & Sweetcorn ✓

## Dessert

Sticky Toffee Pudding  
with Toffee Sauce (G,MK,E) ✓

Wednesday

## Main Meals

Honey Roast Gammon with Roast Potatoes  
& Gravy  
Sweet Chilli & Vegetable Stirfry  
Noodles (G,SO,E,MU,SU) ✓  
Jacket Potato with Baked Beans ✓  
or Cheese (MK) ✓

## Vegetables

Cauliflower & Peas ✓

## Dessert

Orange & Lemon Drizzle Cake  
(G,E) ✓

Thursday

## Main Meals

Sweet Potato Topped Cottage Pie  
Vegan Bolognese (SO) with Spaghetti (G) ✓  
Pasta (G) with Tomato Sauce (g) ✓

## Vegetables

Carrots & Cabbage ✓

## Dessert

Cherry Cookie (G,SU) ✓

Friday

## Main Meals

Battered Fish Fillets (G,F)  
with Oven Baked Chips  
Vegan Bean Burrito (G,SO)  
with Oven Baked Chips ✓  
Jacket Potato with Baked Beans ✓  
or Cheese (MK) ✓

## Vegetables

Baked Beans & Peas ✓

## Dessert

Chocolate & Courgette  
Sponge (G,E,mk)  
with Chocolate Sauce (MK) ✓

### Freshly Baked Bread:

Courgette, Oat & Thyme (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

### Week 2:

8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 20<sup>th</sup> Dec, 10<sup>th</sup> Jan, 31<sup>st</sup> Jan, 21<sup>st</sup> Feb, 14<sup>th</sup> Mar, 4<sup>th</sup> Apr

Monday

## Main Meals

Chicken & Vegetable Curry (MU) with Rice  
Squash & Butterbean Curry (SU) ✓  
with Naan Bread (G,MK) ✓  
Pasta (G)  
with Tomato & Basil Sauce (g) ✓

## Vegetables

Peas & Cauliflower ✓

## Dessert

Coconut & Orange Cookie  
(G,SU,mk) ✓

Tuesday

## Main Meals

Beef Burger in a Bun (G,se)  
Vegetable Lasagne (G,MK,e) ✓  
Jacket Potato with Tuna Mayonnaise (F,E)  
or Cheese (MK) ✓

## Vegetables

Sweetcorn & Carrots ✓

## Dessert

Banana Flapjack (G) ✓

Wednesday

## Main Meals

Herby Roast Chicken Fillets with Roast Potatoes  
& Gravy  
Vegan Sausage Loaf (G,SO,se)  
with Roast Potatoes & Gravy ✓  
Wholemeal Pasta (G)  
with Creamy Salmon (G,F,MK)  
or Cheese Sauce (G,MK) ✓

## Vegetables

Green Cabbage & Roasted  
Root Vegetables ✓

## Dessert

Maryland Sultana Cookie  
(G,mk) ✓

Thursday

## Main Meals

Traditional Beef Bolognese with Spaghetti (G)  
Bombay Potato Buritto (G,MU) ✓  
Jacket Potato with Baked Beans ✓  
or Cheese (MK) ✓

## Vegetables

Green Beans & Carrots ✓

## Dessert

Vanilla Shortbread (G) ✓ with  
Homemade Lemon Curd (E) ✓

Friday

## Main Meals

Oven Baked Fish Fingers (G,F)  
with Oven Baked Chips  
Spinach & Tomato Pastry Pocket (G,MK)  
with Oven Baked Chips ✓  
Pasta (G) with Cheese Sauce (G,MK) ✓

## Vegetables

Baked Beans  
& Peas ✓

## Dessert

Chocolate  
& Beetroot Brownie (G,E) ✓

### Freshly Baked Bread:

Sunflower, Rosemary & Tomato (G,SO,MK,e) ✓ Wholemeal (G,SO,MK,e) ✓

### Week 3:

15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 27<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

✓ - Suitable for vegetarians  
✓ - Suitable for vegans & vegetarians

All products are subject to availability.

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

Available Every Day

Fresh Fruit Platter ✓  
Homemade Fruit Yoghurt (SO,MK) ✓

November 2021

**pabulummm**  
HONESTLY GOOD FOOD