

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) with Baked Jacket Wedges V
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:

20th February, 13th March, 3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th October

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) with Baked Jacket Wedges Ve
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:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October



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:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd October

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
May 2023

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD