

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

Week 1

Monday

Main Meals

Beef Bolognese with Spaghetti (G)
Vegan Bolognese (SO,g) with Spaghetti (G)
Baked Jackets with Grated Cheese (MK)

Served with

Peas & Broccoli

Sandwiches

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

Dessert

Maryland Cookie (G,mk)

Tuesday

Main Meals

Ham & Cheese Pizza (G,SO,MK,e) with Baked Wedges
Margherita Pizza (G,SO,MK,e) with Baked Wedges
Pasta (G) & Tomato Sauce

Served with

Carrots & Sweetcorn

Sandwiches

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

Dessert

Apple Crumble (G) with Custard (MK)

Wednesday

Main Meals

Roast Chicken with Roast Potatoes & Gravy
Squash & Lentil Lasagne (G,MK,e)
Baked Jackets with Baked Beans

Served with

Seasonal Greens & Cauliflower

Sandwiches

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

Dessert

Cherry Cornflake Cake (G,SU)

Thursday

Main Meals

Mild Chicken & Vegetable Curry with Steamed Rice
Vegan Bean Chilli (SO) with Steamed Rice
Pasta (G) & Tomato Sauce

Served with

Broccoli & Carrots

Sandwiches

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

Dessert

Chocolate & Pear Sponge (G,E)

Friday

Main Meals

Breaded Fish Fingers (G,F) with Chips & Ketchup
Vegan Goujons with Chips & Ketchup
Baked Jackets with Grated Cheese (MK)

Served with

Peas & Baked Beans

Sandwiches

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

Dessert

Banana Flapjack (G)

Freshly Baked Bread:

Carrot & Beetroot (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 1: 1st January, 22nd January, 12th February, 4th March, 25th March, 15th April, 6th May

Available Every Day:
Fresh Fruit, Yoghurt (SO,MK) or Jelly

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.

Week 2

Monday

Main Meals

Pork Sausage (G,SU) with Mashed Potato & Gravy
Vegan Sausage (SO) with Mashed Potato & Gravy
Pasta (G) & Tomato Sauce

Served with

Sweetcorn & Baked Beans

Sandwiches

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

Dessert

Chocolate Rice Krispie Cake (G)

Tuesday

Main Meals

Chicken & Sweetcorn Pasta (G,MK)
Vegan Sweet & Sour Vegetables (G,SO) with Steamed Rice
Baked Jackets with Grated Cheese (MK)

Served with

Carrots & Broccoli

Sandwiches

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

Dessert

Mandarin Jelly

Wednesday

Main Meals

Honey Roast Gammon with Roast Potatoes & Gravy
Sweet Chilli Stir-fry Mushroom & Vegetable Noodles (G,E,SO)
Wholewheat Pasta (G) & Tomato Sauce

Served with

Seasonal Greens & Peas

Sandwiches

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

Dessert

Vanilla Ice Cream (MK)

Thursday

Main Meals

Beef Keema with Turmeric Rice
Vegan Layered Vegetable & Sweet Potato Bake
Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)

Served with

Carrots & Sweetcorn

Sandwiches

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

Dessert

Apple & Carrot Flapjack (G)

Friday

Main Meals

Breaded Fish Fingers (G,F) with Chips & Ketchup
Vegan Fajita Wrap (G) with Chips & Ketchup
Pasta (G) & Tomato Sauce

Served with

Peas & Baked Beans

Sandwiches

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

Dessert

Lemon Drizzle Sponge (G,E)

Freshly Baked Bread:

Garlic & Herb (G,SO,MK,e) or Wholemeal Bread (G,SO,MK,e)

Week 2: 8th January, 29th January, 19th February, 11th March, 1st April, 22nd April, 13th May

Week 3

Monday

Main Meals

Chicken & Sweetcorn Meatballs with Tomato Sauce & Penne (G)
Vegan Roasted Ratatouille with Penne (G)
Baked Jackets with Grated Cheese (MK)

Served with

Carrots & Broccoli

Sandwiches

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

Dessert

Orange Shortbread Biscuit (G)

Tuesday

Main Meals

Bacon & Mushroom Carbonara (G,MK) with Pasta (G)
Vegan Lentil & Vegetable Curry (g) with Steamed Rice
Pasta (G) & Tomato Sauce

Served with

Sweetcorn & Coleslaw (E)

Sandwiches

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

Dessert

Carrot Cake (G,E)

Wednesday

Main Meals

Herby Roast Chicken with Roast Potatoes & Gravy
3 Vegetable Mac n' Cheese (G,MK)
Baked Jackets with Baked Beans

Served with

Seasonal Greens & Broccoli

Sandwiches

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

Dessert

Chocolate & Beetroot Brownie (G,E)

Thursday

Main Meals

Cottage Pie Topped with Sweet Potato Mash (g)
Vegan Chickpea & Spinach Korma with Steamed Rice
Pasta (G) & Tomato Sauce

Served with

Cauliflower & Carrots

Sandwiches

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

Dessert

Vanilla Ice Cream (MK)

Friday

Main Meals

Breaded Fish Fingers (G,F) with Chips & Ketchup
Vegan Bubble & Squeak with Chips & Ketchup
Baked Jackets with Grated Cheese (MK)

Served with

Peas & Baked Beans

Sandwiches

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

Dessert

Apple & Parsnip Cake (G,E)

Freshly Baked Bread:

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

Week 3: 15th January, 5th February, 26th February, 18th March, 8th April, 29th April, 20th May

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
Jan 2024

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD

