LET'S SEE WHAT'S FOR LUNCH...

MENU - WEEK 1

MONDAY

MAIN	Beef Bolognaise with Spaghetti (G)
VEGETARIAN MAIN	Spinach & Pesto Sauce (G,MK) with Spaghetti (G)
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Broccoli & Sweetcorn
DESSERT	Chocolate & Courgette Sponge (G,E)

TUESDAY

MAIN	Homemade BBQ Chicken Pizza (G,SO,MK,e) with Spiced Baked Wedges
VEGETARIAN MAIN	Homemade Margherita Pizza (G,SO,MK,e) with Spiced Baked Wedges
PASTA OR JACKET	Pasta (G) with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Cauliflower
DESSERT	Vanilla Ice Cream (MK)

WEDNESDAY

MAIN	BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy
VEGETARIAN MAIN	Mac N' Cheese (G,MK) with Garlic Bread (G,so)
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Carrots & Seasonal Greens
DESSERT	Banana Flapjack (G)

WEEK 1:
5TH JAN, 26TH JAN, 16TH FEB, 9TH MAR, 30TH MAR, 20TH APR, 11TH MAY, 1ST JUN, 22ND JUN, 13TH JUL, 31ST AUG, 21ST SEPT, 12TH OCT, 2ND NOV, 23RD NOV, 14TH DEC

THURSDAY

MAIN	Spiced Tex Mex Chicken & Baked Wedges
VEGETARIAN MAIN	Roasted Vegetable Fajita (G) & Baked Wedges
PASTA OR JACKET	Pasta (G) with Squash & Tomato Sauce
TO GO WITH	Roasted Carrots & Sweetcorn
DESSERT	Iced Lemon Cake with Sprinkles (G,E,SU)

FRIDAY

MAIN	Fish Fingers (G,F), Chips & Ketchup
VEGETARIAN MAIN	Baked Crispy Vegetable Fingers & Garlic Mayo Wrap (G,E) with Chips
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Baked Beans & Peas
DESSERT	Maryland Cookie (G,mk)

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread (G,SO,MK,e)
Courgette & Tomato Bread (G,SO,MK,e)
Fresh Fruit
Yoghurt (MK,SO)
Jelly

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)

BM1STJOHNSCOFE
JANUARY 2026

pabulum
HONESTLY GOOD FOOD

LET'S SEE WHAT'S FOR LUNCH...

MENU - WEEK 2

MONDAY

MAIN	Grilled Cumberland Sausage (G,SU) with Mashed Potatoes & Gravy
VEGETARIAN MAIN	Vegan Sausage with Mashed Potatoes & Gravy
PASTA OR JACKET	Pasta (G) with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Carrots
DESSERT	Marble Sponge (G,E) with Custard (MK)

TUESDAY

MAIN	Homemade BBQ Chicken Pizza (G,SO,MK,e) with Spiced Baked Wedges
VEGETARIAN MAIN	Homemade Margherita Pizza (G,SO,MK,e) with Spiced Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)
TO GO WITH	Spiced Roasted Cauliflower & Broccoli
DESSERT	Apple & Carrot Flapjack (G)

WEDNESDAY

MAIN	Roast Leg of Pork with Gravy
VEGETARIAN MAIN	Sweet Potato & Leek Frittata (E,MK) with Gravy
PASTA OR JACKET	Pasta (G) with Tomato & Vegetable Sauce
TO GO WITH	Roast Potatoes & Broccoli & Carrots
DESSERT	Fruit Jelly

WEEK 2:
12TH JAN, 2ND FEB, 23RD FEB, 16TH MAR, 6TH APR, 27TH APR, 18TH MAY, 8TH JUN, 29TH JUN, 20TH JUL, 7TH SEPT, 28TH SEPT, 19TH OCT, 9TH NOV, 30TH NOV, 21ST DEC

THURSDAY

MAIN	Traditional Beef Lasagne (G,MK,e) with Garlic Bread (G,so)
VEGETARIAN MAIN	Vegan Bean Bolognaise (g) with Pasta (G) & Garlic Bread (G,so)
PASTA OR JACKET	Pasta (G) with Squash & Tomato Sauce
TO GO WITH	Corn on the Cob & Roasted Carrots
DESSERT	Homemade Strawberry Cheesecake (G,MK)

FRIDAY

MAIN	Fish Fingers (G,F), Chips & Ketchup
VEGETARIAN MAIN	Vegan Quorn Nuggets (G) with Chips & Ketchup
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Baked Beans & Peas
DESSERT	Vanilla Ice Cream (MK)

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread (G,SO,MK,e)
Garlic & Herb Bread (G,SO,MK,e)
Fresh Fruit
Yoghurt (MK,SO)
Jelly

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LET'S SEE WHAT'S FOR LUNCH...

MENU - WEEK 3

MONDAY

MAIN	Beef & Bean Chilli with Steamed Rice
VEGETARIAN MAIN	Vegan Bean Chilli with Steamed Rice
PASTA OR JACKET	Pasta (G) with Tomato & Vegetable Sauce
TO GO WITH	Sweetcorn & Carrots
DESSERT	Jam & Coconut Sponge (G,E,SU)

TUESDAY

MAIN	Homemade BBQ Chicken Pizza (G,MK,SO,e) with Spiced Baked Wedges
VEGETARIAN MAIN	Homemade Margherita Pizza (G,SO,MK,e) with Spiced Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Sweetcorn & Coleslaw (E)
DESSERT	Carrot Cake (G,E)

WEDNESDAY

MAIN	Herby Roast Chicken with Gravy
VEGETARIAN MAIN	Roasted Vegetable & Lentil Loaf (G) with Gravy
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Roast Potatoes, Carrots & Seasonal Greens
DESSERT	Chocolate & Sweet Potato Brownie (G,E)

WEEK 3:
19TH JAN, 9TH FEB, 2ND MAR, 23RD MAR, 13TH APR, 4TH MAY, 25TH MAY, 15TH JUN, 6TH JUL, 27TH JUL, 14TH SEPT, 5TH OCT, 26TH OCT, 16TH NOV, 7TH DEC

THURSDAY

MAIN	Beef Meatballs in a Roasted Tomato & Basil Sauce (G) with Pasta (G)
VEGETARIAN MAIN	Vegan Meatballs in a Roasted Tomato & Basil Sauce (G) with Pasta (G)
PASTA OR JACKET	Wholemeal Pasta (G) with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Carrots
DESSERT	Oaty & Sultana Cookie (G)

FRIDAY

MAIN	Fish Fingers (G,F), Chips & Ketchup
VEGETARIAN MAIN	Vegetable Burger (G,se) with Chips & Ketchup
PASTA OR JACKET	Pasta (G) with Squash & Tomato Sauce
TO GO WITH	Baked Beans & Peas
DESSERT	Fruit Jelly

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread (G,SO,MK,e)
Carrot & Beetroot Bread (G,SO,MK,e)
Fresh Fruit
Yoghurt (MK,SO)
Jelly

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