

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

Week 1

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| Monday | Main Meals Baked Sausages with Crushed Potatoes & Gravy 3 Veg Macaroni Cheese Pasta with Tomato & Basil Sauce | Served with Baked Beans & Peas |
| | Sandwiches Chicken Mayonnaise Baguette Cheese Salad Wrap | Dessert Chocolate & Sweet Potato Brownie |
| Tuesday | Main Meals Beef & Bean Chilli with Steamed Rice Vegan Bean Chilli with Steamed Rice Jacket Potato with Baked Beans | Served with Sweetcorn & Broccoli |
| | Sandwiches Ham Sandwich Cheese & Tomato Bloomer | Dessert Courgette & Oat Cookie |
| Wednesday | Main Meals Roast Chicken Fillets with Gravy Vegan Squash, Sweet Potato & Bean Hot Pot Pasta with Tomato & Basil Sauce | Served with Roast Potatoes, Seasonal Greens & Carrots |
| | Sandwiches Tuna & Sweetcorn Baguette Cheese Sandwich | Dessert Vanilla Ice Cream |
| Thursday | Main Meals Beef & Vegetable Ragu with Penne Pasta Vegetable Chow Mein Jacket Potato with Cheddar Cheese | Served with Cauliflower & Roasted Carrots |
| | Sandwiches Tuna Mayonnaise Sandwich Cheese Salad Wrap | Dessert Apple & Parsnip Sponge |
| Friday | Main Meals Fish Fingers, Chips & Ketchup Vegan Vegetable Fingers, Chips & Ketchup Pasta with Tomato & Basil Sauce | Served with Baked Beans & Peas |
| | Sandwiches Ham Sandwich Egg Mayo Baguette | Dessert Fruit Jelly |

Freshly Baked Bread:
Tomato & Rosemary Bread or Wholemeal Bread

Week 1: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr, 12th May, 2nd Jun, 23rd Jun, 14th Jul

Week 2

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| Monday | Main Meals Beef Bolognese & Penne Pasta Bake Vegan Bolognese with Spaghetti Jacket Potato with Baked Beans | Served with Cauliflower & Green Beans |
| | Sandwiches Cheese Sandwich Ham Salad Wrap | Dessert Maryland Cookie |
| Tuesday | Main Meals Caribbean Chicken & Sweet Potato Curry with Steamed Rice Vegan Spiced Squash & Potato Samosa Pasta with Squash & Tomato Sauce | Served with Carrots & Peas |
| | Sandwiches Egg Mayonnaise Sandwich Cheese Salad Wrap | Dessert Carrot & Apple Flapjack |
| Wednesday | Main Meals Honey Roast Gammon with Gravy Vegan Bombay Chickpea Burrito Pasta with Squash & Tomato Sauce | Served with Roast Potatoes, Seasonal Greens & Carrots |
| | Sandwiches Cheese & Tomato Bloomer Ham Sandwich | Dessert Banana & Cinnamon Sponge |
| Thursday | Main Meals Curried Beef & Vegetables with Steamed Rice Vegan Mexican Bean & Vegetable Savoury Rice Jacket Potato with Cheddar Cheese | Served with Broccoli & Sweetcorn |
| | Sandwiches Cheese Sandwich Chicken Mayonnaise Baguette | Dessert Cherry Shortbread |
| Friday | Main Meals Fish Fingers, Chips & Ketchup Vegan Boston BBQ 3 Bean Stew with Baked Jackets Pasta with Squash & Tomato Sauce | Served with Baked Beans & Peas |
| | Sandwiches Egg Mayonnaise Sandwich Ham Salad Baguette | Dessert Vanilla Ice Cream |

Freshly Baked Bread: Beetroot & Herb or Wholemeal Bread

Week 2: 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr, 28th Apr, 19th May, 9th Jun, 30th Jun, 21st Jul

Week 3

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| Monday | Main Meals Homemade Pepperoni Pizza with Baked Wedges Margherita Pizza with Baked Wedges Pasta with Tomato & Vegetable Sauce | Served with Classic Coleslaw & Sweetcorn |
| | Sandwiches Ham Salad Wrap Cheese & Tomato Bloomer | Dessert Cinnamon Apple Crumble with Custard |
| Tuesday | Main Meals Chicken Biryani with Vegetable Dhal Vegan Aubergine & Courgette Tagine with Cous Cous Jacket Potato with Baked Beans | Served with Broccoli & Cauliflower |
| | Sandwiches Tuna & Sweetcorn Baguette Cheese Sandwich | Dessert Sultana & Oat Cookie |
| Wednesday | Main Meals Slow Roast Beef & Root Vegetables with Gravy Vegan Country Vegetable & Bean Pie Pasta with Tomato & Vegetable Sauce | Served with Broccoli & Cauliflower |
| | Sandwiches Tuna Mayonnaise Sandwich Cheese Salad Wrap | Dessert Fruit Jelly |
| Thursday | Main Meals Chicken & Sweetcorn Meatballs in Tomato Sauce with Penne Pasta Vegan Tofu Sweet & Sour Vegetables with Steamed Rice Jacket Potato with Salmon Mayonnaise or Baked Beans | Served with Cauliflower & Roasted Carrots |
| | Sandwiches Chicken Mayonnaise Baguette Cheese Sandwich | Dessert Orange Drizzle Cake |
| Friday | Main Meals Fish Fingers, Chips & Ketchup Mexican Roasted Vegetable & Bean Quesadilla Wholewheat Pasta with Tomato & Vegetable Sauce | Served with Baked Beans Peas |
| | Sandwiches Ham Salad Bloomer Cheese Sandwich | Dessert Chocolate & Courgette Rice Krispie Cake |

Freshly Baked Bread: Pesto & Garlic or Wholemeal Bread

Week 3: 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr, 5th May, 26th May, 16th Jun, 7th Jul, 28th Jul

Available Every Day:
Fresh Fruit, Yoghurt 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.



BM1Friars
Jan 2025

All products are subject to availability

pabulummm
HONESTLY GOOD FOOD