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



#### Main Meals

Beef Bolognaise with Spaghetti

Vegan Bolognaise with Spaghett

Vegan Bolognaise with Spaghetti

Baked Jackets with Grated Cheese

#### Served With

Peas & Broccoli

#### Dessert

Maryland Cookie

#### Main Meals

Ham & Cheese Pizza with Baked Wedges

Margherita Pizza with Baked Wedges

Pasta & Tomato Sauce

#### Served With

Carrots & Sweetcorn

#### Dessert

Apple Crumble with Custard

#### Main Meals

Roast Chicken with Roast Potatoes & Gravy

Squash & Lentil Lasagne

Baked Jackets with Baked Beans

#### Served With

Seasonal Greens & Cauliflower

#### Dessert

Cherry Cornflake Cake

#### Main Meals

Cottage Pie Topped with Sweet Potato Mash

Spanish Omelette

Pasta & Tomato Sauce

#### Served With

Broccoli & Carrots

#### Dessert

Chocolate & Pear Sponge

#### Main Meals

**Breaded Fish Fingers** with Chips & Ketchup

Vegan Goujons with Chips & Ketchup

## Served With

Peas & Baked Beans

#### Dessert

Banana Flapjack

Baked Jackets with Grated Cheese

#### Freshly Baked Bread:

Carrot & Beetroot or Wholemeal Bread

#### Week 1:

1st January, 22nd January, 12th February, 4th March, 25th March, 15th April, 6th Mau 

## 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.

Fresh Fruit, Yoghurt or Jelly



### Main Meals

Main Meals

with Fusilli

Main Meals

Honey Roast Gammon

& Vegetable Noodles

Main Meals

Macaroni & Cheese Bolognaise Bake

Vegan Layered Vegetable
& Sweet Potato Bake

Baked Inc.'

or Salmon Mayonnaise

with Roast Potatoes & Gravy

Sweet Chilli Stir-fry Mushroom

Pork Sausage with Mashed Potato & Gravy

Vegan Sausage with Mashed Potato & Gravy

Chicken & Sweetcorn Pasta

Vegan Tomato & Mixed Bean Sauce

Baked Jackets with Grated Cheese

Pasta & Tomato Sauce

## Served With

Sweetcorn & Baked Beans

#### Dessert

Chocolate Rice Krispie

### Served With

Carrots & Broccoli

#### Dessert

Jelly with Mandarins

#### Served With

Seasonal Greens & Peas

#### Dessert

Vanilla Ice Cream

## Served With

Carrots & Sweetcorn

#### Dessert

Apple & Carrot Flapjack

#### Main Meals

**Breaded Fish Fingers** with Chips & Ketchup

Vegan Fajita Wrap with Chips & Ketchup

Pasta & Tomato Sauce

## Served With

Peas & Baked Beans

#### Dessert

Lemon Drizzle Sponge

## Freshly Baked Bread:

Garlic & Herb or Wholemeal Bread

#### Week 2:

8th January, 29th January, 19th February, 11th March, 1st April, 22nd April,





#### Main Meals

Chicken & Sweetcorn Meatballs with Tomato

Sauce & Penne

Vegan Roasted Ratatouille with Penne

Monday Baked Jackets with Grated Cheese

Wednesday

Carrots & Broccoli

Dessert

Served With

Orange Shortbread

**Biscuit** 

#### Main Meals

Tuesday Sweet & Sour Pork with Steamed Rice

Vegan Burrito

Main Meals

Pasta & Tomato Sauce

Herby Roast Chicken

3 Vegetable Mac n' Cheese

Baked Jackets with Baked Beans

Served With

Sweetcorn & Coleslaw

Dessert

Carrot Cake

## Served With

Seasonal Greens with Roast Potatoes & Gravy & Broccoli

Dessert

Chocolate & Beetroot Brownie

Cauliflower & Carrots

Served With

Main Meals

Traditional Beef Lasagne

Vegan Sweet & Sour Vegan with Steamed Rice

Pasta & Tomato Sauce Vegan Sweet & Sour Vegetables

Pasta & Tomato Sauce

## Dessert

Vanilla Ice Cream

#### Main Meals

**Breaded Fish Fingers** Friday with Chips & Ketchup

Vegan Vegetable Patty with Chips & Ketchup

Baked Jackets with Grated Cheese

### Served With Peas & Baked Beans

## Dessert

Apple & Parsnip Cake

## Freshly Baked Bread:

Courgette & Tomato or Wholemeal Bread

#### Week 3:

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

> **BM1 StMarks** Jan 2024 All products are subject

> > to availability

