

MENU – WEEK 1

MONDAY

MAIN	Beef Bolognese with Spaghetti
VEGETARIAN MAIN	Spinach & Pesto Sauce with Spaghetti
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Broccoli & Sweetcorn
SANDWICHES 1	Chicken Mayonnaise Baguette
SANDWICHES 2	Cheese Salad Wrap
DESSERT	Chocolate & Courgette Sponge

TUESDAY

MAIN	Sticky Soy & Vegetable Beef Stir Fry with Egg Noodles
VEGETARIAN MAIN	Sweet Chilli Stir Fry Mushroom & Vegetable Noodles
PASTA OR JACKET	Pasta with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Cauliflower
SANDWICHES 1	Tuna & Sweetcorn Baguette
SANDWICHES 2	Cheese & Tomato Bloomer
DESSERT	Vanilla Ice Cream

WEDNESDAY

MAIN	BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy
VEGETARIAN MAIN	Mac N' Cheese
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Carrots & Seasonal Greens
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Banana Flapjack

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	Chicken & Vegetable Paella
VEGETARIAN MAIN	Vegetable Paella
PASTA OR JACKET	Pasta with Squash & Tomato Sauce
TO GO WITH	Roasted Carrots & Sweetcorn
SANDWICHES 1	Tuna Mayo Sandwich
SANDWICHES 2	Cheese Salad Wrap
DESSERT	Iced Lemon Cake with Sprinkles

FRIDAY

MAIN	Fish Fingers, Chips & Ketchup
VEGETARIAN MAIN	Baked Crispy Vegetable Fingers & Garlic Mayo Wrap with Chips
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Baked Beans & Peas
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Egg Mayo Baguette
DESSERT	Maryland Cookie

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread
Courgette & Tomato Bread

Fresh Fruit
Yoghurt
Jelly

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JANUARY 2026



MENU - WEEK 2

MONDAY

MAIN	Grilled Cumberland Sausage with Mashed Potatoes & Gravy
VEGETARIAN MAIN	Vegan Sausage with Mashed Potatoes & Gravy
PASTA OR JACKET	Pasta with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Carrots
SANDWICHES 1	Ham Salad Wrap
SANDWICHES 2	Cheese Sandwich
DESSERT	Marble Sponge with Custard

TUESDAY

MAIN	Homemade BBQ Chicken Pizza with Spiced Baked Wedges
VEGETARIAN MAIN	Margherita Pizza with Spiced Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans or Salmon Mayonnaise
TO GO WITH	Spiced Roasted Cauliflower & Broccoli
SANDWICHES 1	Tuna Mayonnaise Wrap
SANDWICHES 2	Egg Mayonnaise Sandwich
DESSERT	Apple & Carrot Flapjack

WEDNESDAY

MAIN	Honey Roast Gammon with Gravy
VEGETARIAN MAIN	Sweet Potato & Leek Frittata with Gravy
PASTA OR JACKET	Pasta with Tomato & Vegetable Sauce
TO GO WITH	Roast Potatoes & Broccoli & Carrots
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese & Tomato Bloomer
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	Spiced Tex Mex Chicken & Baked Wedges
VEGETARIAN MAIN	Vegan Bean Bolognese with Pasta
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Sweetcorn & Roasted Carrots
SANDWICHES 1	Chicken Mayonnaise Baguette
SANDWICHES 2	Cheese Sandwich
DESSERT	Homemade Strawberry Cheesecake

FRIDAY

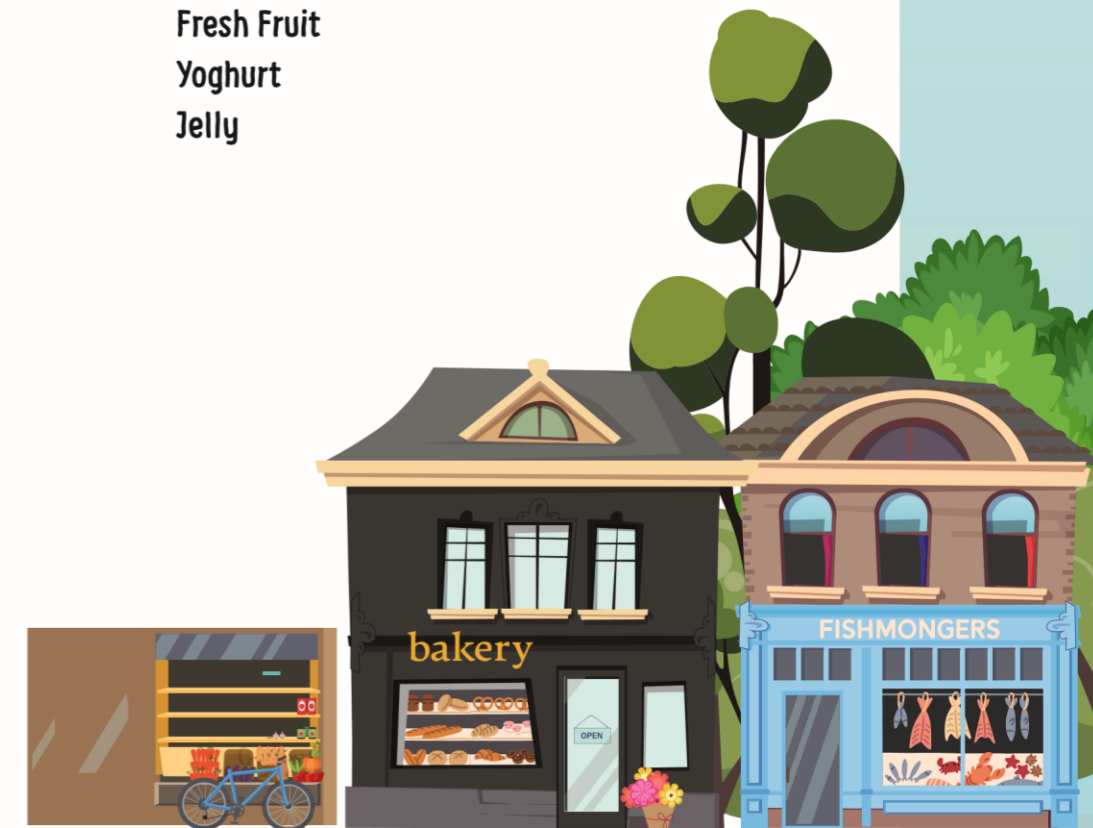
MAIN	Fish Fingers, Chips & Ketchup
VEGETARIAN MAIN	Vegan Quorn Nuggets with Chips & Ketchup
PASTA OR JACKET	Pasta with Squash & Tomato Sauce
TO GO WITH	Baked Beans & Peas
SANDWICHES 1	Ham Salad Baguette
SANDWICHES 2	Egg Mayonnaise Sandwich
DESSERT	Vanilla Ice Cream

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread
Garlic & Herb Bread

Fresh Fruit
Yoghurt
Jelly

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JANUARY 2026



MENU – WEEK 3

MONDAY

- MAIN** Chicken & Sweetcorn Meatballs in a Tomato Sauce with Pasta
- VEGETARIAN MAIN** Vegan Meatballs in a Roasted Tomato & Basil Sauce with Pasta
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Sweetcorn & Carrots
- SANDWICHES 1** Chicken Mayonnaise Baguette
- SANDWICHES 2** Egg Mayonnaise Sandwich
- DESSERT** Jam & Coconut Sponge

TUESDAY

- MAIN** BBQ Pulled Pork with Toasted Tortilla
- VEGETARIAN MAIN** Vegetarian Chilli Taco with Cajun Sweet Potato Wedges
- PASTA OR JACKET** Pasta with Tomato & Vegetable Sauce
- TO GO WITH** Sweetcorn & Coleslaw
- SANDWICHES 1** Ham Sandwich
- SANDWICHES 2** Cheese Sandwich
- DESSERT** Carrot Cake

WEDNESDAY

- MAIN** Herby Roast Chicken with Gravy
- VEGETARIAN MAIN** Roasted Vegetable & Lentil Loaf with Gravy
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Roast Potatoes, Carrots & Seasonal Greens
- SANDWICHES 1** Tuna Mayo Sandwich
- SANDWICHES 2** Cheese Salad Wrap
- DESSERT** Chocolate & Sweet Potato Brownie

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** Traditional Beef Lasagne
- VEGETARIAN MAIN** Roasted Vegetable Fajita & Baked Wedges
- PASTA OR JACKET** Pasta with Tomato & Vegetable Sauce
- TO GO WITH** Steamed Peas & Carrots
- SANDWICHES 1** Ham Salad Wrap
- SANDWICHES 2** Cheese & Tomato Bloomer
- DESSERT** Oaty & Sultana Cookie

FRIDAY

- MAIN** Fish Fingers, Chips & Ketchup
- VEGETARIAN MAIN** Vegetable Burger with Chips & Ketchup
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Baked Beans & Peas
- SANDWICHES 1** Tuna Mayo Sandwich
- SANDWICHES 2** Cheese Sandwich
- DESSERT** Fruit Jelly

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread
- Carrot & Beetroot Bread
- Fresh Fruit
- Yoghurt
- Jelly

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