



MENU – WEEK 3

MONDAY

MAIN	Beef & Bean Chilli with Steamed Rice
VEGETARIAN MAIN	Vegan Bean Chilli with Steamed Rice
PASTA OR JACKET	Pasta with Tomato & Vegetable Sauce
TO GO WITH	Sweetcorn & Carrots
SANDWICHES 1	Ham Salad Wrap
SANDWICHES 2	Cheese & Tomato Bloomer
DESSERT	Jam & Coconut Sponge

TUESDAY

MAIN	Chicken & Sweetcorn Meatballs in Tomato Sauce with Pasta
VEGETARIAN MAIN	Vegan Meatballs in a Roasted Tomato & Basil Sauce with Pasta
PASTA OR JACKET	Baked Jackets with Baked Beans or Salmon Mayonnaise
TO GO WITH	Spiced Roasted Cauliflower & Broccoli
SANDWICHES 1	Egg Mayonnaise Sandwich
SANDWICHES 2	Cheese Salad Wrap
DESSERT	Apple Flapjack

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 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 with Garlic Bread
VEGETARIAN MAIN	Vegan Bean Bolognese with Pasta & Garlic Bread
PASTA OR JACKET	Wholemeal Pasta with Tomato & Basil Sauce
TO GO WITH	Steamed Peas & Carrots
SANDWICHES 1	Chicken Mayonnaise Baguette
SANDWICHES 2	Cheese Sandwich
DESSERT	Oaty & Sultana Cookie

FRIDAY

MAIN	Fish Fingers , Chips & Ketchup
VEGETARIAN MAIN	Vegetable Burger with Chips & Ketchup
PASTA OR JACKET	Pasta with Squash & Tomato Sauce
TO GO WITH	Baked Beans & Peas
SANDWICHES 1	Ham Salad Baguette
SANDWICHES 2	Cheese Sandwich
DESSERT	Fruit Jelly

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread
Carrot & Beetroot Bread

Fresh Fruit
Yoghurt
Jelly

BM1HAMSTEL
JANUARY 2026

