

# ALLERGEN AWARENESS MENU



## MENU – WEEK 1

### MONDAY

- MAIN** Beef Bolognaise with Spaghetti
- VEGETARIAN MAIN** Squash & Tomato Sauce with Spaghetti
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Broccoli & Sweetcorn
- DESSERT** Maryland Cookie

### TUESDAY

- MAIN** Thai Green Chicken Curry with Steamed Rice
- VEGETARIAN MAIN** Vegetable Pasanda Curry with Steamed Rice
- PASTA OR JACKET** Pasta with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Cauliflower
- DESSERT** Jelly or Fresh Fruit

### WEDNESDAY

- MAIN** BBQ Style Hunters Roast Chicken with Roast Potatoes & Gravy
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Carrots & Seasonal Greens
- DESSERT** Orange Shortbread

#### 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** Chilli Beef Taco with Cajun Sweet Potato Wedges
- VEGETARIAN MAIN** Vegetarian Chilli Taco with Cajun Sweet Potato Wedges
- PASTA OR JACKET** Pasta with Squash & Tomato Sauce
- TO GO WITH** Roasted Carrots & Sweetcorn
- DESSERT** Jelly or Fresh Fruit

### FRIDAY

- MAIN** Fish Fingers (F), Chips & Ketchup
- VEGETARIAN MAIN** Vegan Vegetable Fingers, Chips & Ketchup
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Baked Beans & Peas
- DESSERT** Chocolate Shortbread

#### ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Carrot & Beetroot Flatbread
- Fresh Fruit
- Jelly

**ALLERGEN KEY: CONTAINS FISH (F)**

BM1 & BM2 ALLERGEN AWARENESS MENU  
JANUARY 2026



# ALLERGEN AWARENESS MENU

## MENU – WEEK 2

### MONDAY

<b>MAIN</b>	Grilled Chicken with Mashed Potatoes & Gravy
<b>VEGETARIAN MAIN</b>	Vegan Sausage with Mashed Potatoes & Gravy
<b>PASTA OR JACKET</b>	Pasta with Tomato & Basil Sauce
<b>TO GO WITH</b>	Steamed Peas & Carrots
<b>DESSERT</b>	Maryland Cookie

### TUESDAY

<b>MAIN</b>	Mild Chicken & Vegetable Curry with Steamed Rice
<b>VEGETARIAN MAIN</b>	Vegan Chickpea & Spinach Korma with Steamed Rice
<b>PASTA OR JACKET</b>	Baked Jackets with Baked Beans
<b>TO GO WITH</b>	Spiced Roasted Cauliflower & Broccoli
<b>DESSERT</b>	Jelly or Fresh Fruit

### WEDNESDAY

<b>MAIN</b>	Herby Roast Chicken with Gravy
<b>VEGETARIAN MAIN</b>	Vegan Squash, Sweet Potato & Bean Hot Pot
<b>PASTA OR JACKET</b>	Pasta with Tomato & Vegetable Sauce
<b>TO GO WITH</b>	Roast Potatoes, Broccoli & Carrots
<b>DESSERT</b>	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

<b>MAIN</b>	Spiced Tex Mex Chicken & Baked Wedges
<b>VEGETARIAN MAIN</b>	Vegan Mexican Bean & Vegetable Savoury Rice
<b>PASTA OR JACKET</b>	Pasta with Squash & Tomato Sauce
<b>TO GO WITH</b>	Corn on the Cob & Roasted Carrots
<b>DESSERT</b>	Maryland Cookie

### FRIDAY

<b>MAIN</b>	Fish Fingers (F), Chips & Ketchup
<b>VEGETARIAN MAIN</b>	Vegan Vegetable Fingers, Chips & Ketchup
<b>PASTA OR JACKET</b>	Baked Jackets with Baked Beans
<b>TO GO WITH</b>	Baked Beans & Peas
<b>DESSERT</b>	Chocolate Shortbread

#### ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar	Fresh Fruit
Courgette & Tomato Flatbread	Jelly

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## 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
- DESSERT** Maryland Cookie

### TUESDAY

- MAIN** BBQ Chicken Folded Flatbread with Baked Wedges
- VEGETARIAN MAIN** Vegan Fajita Spiced Vegetable Flatbread with Baked Wedges
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Sweetcorn
- DESSERT** Jelly or Fresh Fruit

### WEDNESDAY

- MAIN** Herby Roast Chicken with Gravy
- VEGETARIAN MAIN** Vegan Vegetable Rosti
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Roast Potatoes, Carrots & Seasonal Greens
- DESSERT** Orange Shortbread

#### 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 & Vegetable Ragu with Pasta
- VEGETARIAN MAIN** Vegan Vegetable & Chickpea Ragu with Pasta
- PASTA OR JACKET** Pasta with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Carrots
- DESSERT** Chocolate Shortbread

### FRIDAY

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

#### ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Garlic & Herb Flatbread
- Fresh Fruit
- Jelly

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