



MENU - WEEK 1

MONDAY

- MAIN** Lamb Bolognaise with Spaghetti
- HALAL MAIN** Halal Lamb Bolognaise with Spaghetti
- VEGETARIAN MAIN** Vegetable Chow Mein
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Broccoli & Sweetcorn
- DESSERT** Chocolate & Courgette Sponge

TUESDAY

- MAIN** Chicken Tikka Curry with Steamed Rice
- HALAL MAIN** Halal Chicken Tikka Curry with Steamed Rice
- VEGETARIAN MAIN** Vegan Sweet & Sour Vegetables with Steamed Rice
- PASTA OR JACKET** Pasta with Tomato & Basil Sauce
- TO GO WITH** Steamed Peas & Cauliflower
- DESSERT** Vanilla Ice Cream

WEDNESDAY

- MAIN** Roast Chicken with Roast Potatoes & Gravy
- HALAL MAIN** Halal 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
- 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 & Sweetcorn Meatballs in a Tomato Sauce with Pasta
- HALAL MAIN** Halal 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** Roasted Carrots & Sweetcorn
- 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
- DESSERT** Maryland Cookie

ALSO AVAILABLE EVERY DAY

- Pabulum Salad Bar
- Wholemeal Bread
- Courgette & Tomato Bread

- Fresh Fruit
- Yoghurt
- Jelly

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MENU - WEEK 2

MONDAY

- MAIN** Grilled Chicken with Mashed Potatoes & Gravy
- HALAL MAIN** Halal Grilled Chicken 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
- DESSERT** Marble Sponge with Custard

TUESDAY

- MAIN** Homemade BBQ Chicken Pizza with Spiced Baked Wedges
- HALAL MAIN** Halal Homemade BBQ Chicken Pizza with Spiced Baked Wedges
- VEGETARIAN MAIN** Homemade Margherita Pizza with Spiced Baked Wedges
- PASTA OR JACKET** Baked Jackets with Baked Beans or Salmon Mayonnaise
- TO GO WITH** Spiced Roasted Cauliflower & Broccoli
- DESSERT** Apple & Carrot Flapjack

WEDNESDAY

- MAIN** Roast Turkey with Gravy
- HALAL MAIN** Halal Roast Turkey with Gravy
- VEGETARIAN MAIN** Vegan Spiced Squash & Potato Samosa
- PASTA OR JACKET** Pasta with Tomato & Vegetable Sauce
- TO GO WITH** Roast Potatoes, Broccoli & Carrots
- 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** Chicken Biryani
- HALAL MAIN** Halal Chicken Biryani
- VEGETARIAN MAIN** Vegan Vegetable Biryani
- PASTA OR JACKET** Wholemeal Pasta with Squash & Tomato Sauce
- TO GO WITH** Sweetcorn & Roasted Carrots
- DESSERT** Homemade Strawberry Cheesecake

FRIDAY

- MAIN** Fish Fingers, Chips & Ketchup
- VEGETARIAN MAIN** Vegan Quorn Nuggets with Chips & Ketchup
- PASTA OR JACKET** Baked Jackets with Baked Beans
- TO GO WITH** Baked Beans & Peas
- DESSERT** Vanilla Ice Cream

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread
Garlic & Herb Bread

Fresh Fruit
Yoghurt
Jelly

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MENU - WEEK 3

MONDAY

MAIN	Lamb Chilli Con Carne with Steamed Rice
HALAL MAIN	Halal Lamb Chilli Con Carne 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	Jam & Coconut Sponge

TUESDAY

MAIN	Homemade BBQ Chicken Pizza with Spiced Baked Wedges
HALAL MAIN	Halal Homemade BBQ Chicken Pizza with Spiced Baked Wedges
VEGETARIAN MAIN	Homemade Margherita Pizza with Spiced Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Sweetcorn & Coleslaw
DESSERT	Carrot Cake

WEDNESDAY

MAIN	Herby Roast Chicken with Gravy
HALAL MAIN	Halal Herby Roast Chicken with Gravy
VEGETARIAN MAIN	Roasted Vegetable Fajita & Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Roasted Potatoes, Carrots & Seasonal Greens
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	Lamb Lasagne
HALAL MAIN	Halal Lamb Lasagne
VEGETARIAN MAIN	Vegetable Lasagne
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Steamed Peas & Carrots
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
DESSERT	Fruit Jelly

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar
Wholemeal Bread
Carrot & Beetroot Bread

Fresh Fruit
Yoghurt
Jelly

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