

LET'S SEE WHAT'S FOR LUNCH...

MENU - WEEK 1

MONDAY

MAIN	Beef Bolognaise with Spaghetti (G)
VEGETARIAN MAIN	Spinach & Pesto Sauce (G,MK) with Spaghetti (G)
PASTA OR JACKET	Baked Jacket with Cheese
TO GO WITH	Broccoli & Sweetcorn
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Chocolate & Courgette Sponge (G,E)

TUESDAY

MAIN	Chicken & Sweetcorn Meatballs in a Tomato Sauce with Pasta (G)
VEGETARIAN MAIN	Vegan Meatballs in a Roasted Tomato & Basil Sauce (G) with Pasta (G)
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Steamed Peas & Cauliflower
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Vanilla Ice Cream (MK)

WEDNESDAY

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

WEEK 1:

31ST AUG, 21ST SEPT, 12TH OCT, 2ND NOV, 23RD NOV, 14TH DEC

THURSDAY

MAIN	Chilli Beef Taco (MK) with Cajun Sweet Potato Wedges
VEGETARIAN MAIN	Vegetarian Chilli Taco (MK) with Cajun Sweet Potato Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Roasted Carrots & Sweetcorn
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Iced Lemon Cake with Sprinkles (G,E,SU)

FRIDAY

MAIN	Fish Fingers (G,F), Chips & Ketchup
VEGETARIAN MAIN	Baked Crispy Vegetable Fingers & Garlic Mayo Wrap (G,E) with Chips
PASTA OR JACKET	Baked Jacket with Cheese
TO GO WITH	Baked Beans & Peas
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Maryland Cookie (G,mk)

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar	Fresh Fruit
Wholemeal Bread (G,SO,MK,e)	Yoghurt (MK,SO)
Courgette & Tomato Bread (G,SO,MK,e)	Jelly

ALLERGEN KEY: CAPITAL LETTERS = CONTAINS, LOWER CASE = MAY CONTAIN
 Celery and Celeriac (C), Crustaceans/Shellfish (CR), Eggs (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Molluscs (MO), Mustard (MU), Nuts (N), Peanuts (P) Sesame Seeds (SE), Soya and Soya products (SO), Sulphites (SU)

BMIGHYLLGROVE
 SEPTEMBER 2026



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 HONESTLY GOOD FOOD

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MENU - WEEK 2

MONDAY

MAIN	Grilled Cumberland Sausage (G,SU) with Mashed Potatoes & Gravy
VEGETARIAN MAIN	Vegan Sausage with Mashed Potatoes & Gravy
PASTA OR JACKET	Baked Jacket with Cheese
TO GO WITH	Steamed Peas & Carrots
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Marble Sponge (G,E) with Custard (MK)

TUESDAY

MAIN	Beef Bolognaise Penne Pasta Bake (G,MK)
VEGETARIAN MAIN	Mac N' Cheese (G,MK)
PASTA OR JACKET	Baked Jackets with Baked Beans or Salmon Mayonnaise (F,E)
TO GO WITH	Spiced Roasted Cauliflower & Broccoli
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Apple & Carrot Flapjack (G)

WEDNESDAY

MAIN	Roast Leg of Pork with Gravy
VEGETARIAN MAIN	Sweet Potato & Leek Frittata (E,MK) with Gravy
PASTA OR JACKET	Baked Jacket with Cheese
TO GO WITH	Roast Potatoes & Broccoli & Carrots
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Fruit Jelly

WEEK 2:

7TH SEPT, 28TH SEPT, 19TH OCT, 9TH NOV, 30TH NOV, 21ST DEC

THURSDAY

MAIN	Cottage Pie topped with Sweet Potato Mash (g)
VEGETARIAN MAIN	Vegan Cottage Pie (g)
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Sweetcorn & Roasted Carrots
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Homemade Strawberry Cheesecake (G,MK)

FRIDAY

MAIN	Fish Fingers (G,F), Chips & Ketchup
VEGETARIAN MAIN	Vegan Quorn Nuggets (G) with Chips & Ketchup
PASTA OR JACKET	Baked Jacket with Cheese
TO GO WITH	Baked Beans & Peas
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Vanilla Ice Cream (MK)

ALSO AVAILABLE EVERY DAY

Pabulum Salad Bar	Fresh Fruit
Wholemeal Bread (G,SO,MK,e)	Yoghurt (MK,SO)
Garlic & Herb Bread (G,SO,MK,e)	Jelly

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MENU - WEEK 3

MONDAY

MAIN	Chicken Pie (G,MK) with Mashed Potatoes & Gravy
VEGETARIAN MAIN	Vegetable Pie (G) with Mashed Potatoes & Gravy
PASTA OR JACKET	Baked Jacket with Cheese
TO GO WITH	Sweetcorn & Carrots
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Jam & Coconut Sponge (G,E,SU)

TUESDAY

MAIN	Homemade BBQ Chicken Pizza (G,SO,MK,e) with Spiced Baked Wedges
VEGETARIAN MAIN	Homemade Margherita Pizza (G,SO,MK,e) with Spiced Baked Wedges
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Sweetcorn & Coleslaw (E)
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Carrot Cake (G,E)

WEDNESDAY

MAIN	Herby Roast Chicken with Gravy
VEGETARIAN MAIN	Roasted Vegetable & Lentil Loaf (G) with Gravy
PASTA OR JACKET	Baked Jacket with Cheese
TO GO WITH	Roast Potatoes, Carrots & Seasonal Greens
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Chocolate & Sweet Potato Brownie (G,E)

WEEK 3:
14TH SEPT, 5TH OCT, 26TH OCT, 16TH NOV, 7TH DEC

THURSDAY

MAIN	Traditional Beef Lasagne (G,MK,e)
VEGETARIAN MAIN	Vegan Bean Bolognese (g) with Pasta (G)
PASTA OR JACKET	Baked Jackets with Baked Beans
TO GO WITH	Steamed Peas & Carrots
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Oaty & Sultana Cookie (G)

FRIDAY

MAIN	Beef Burger in a Bun (G,SU,se), Chips & Ketchup
VEGETARIAN MAIN	Vegetable Burger (G,se) with Chips & Ketchup
PASTA OR JACKET	Baked Jacket with Cheese
TO GO WITH	Baked Beans & Peas
SANDWICHES 1	Ham Sandwich
SANDWICHES 2	Cheese Sandwich
DESSERT	Fruit Jelly

ALSO AVAILABLE EVERY DAY

Tabulum Salad Bar	Fresh Fruit
Wholemeal Bread (G,SO,MK,e)	Yoghurt (MK,SO)
Carrot & Beetroot Bread (G,SO,MK,e)	Jelly

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