

Week 1	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack From 9:30am	Chef's seasonal fresh fruit platter Ve V				
Lunch - main From 11:30am	Black bean quinoa chilli with brown rice	Toad in the hole with root vegetable mash and peas E G Mi	Chef's roast of the day with potatoes, stuffing, carrots and parsnips C G	Super greens vegetable lasagne with green beans	Fish cake fingers with sweet potato wedges, peas and parsley sauce Mi G E F
Lunch - main Vegetarian	Ve C V	Veggie toad in the hole with root vegetable mash and peas E G Mi V	Lentil loaf with potatoes, stuffing, carrots and parsnips C G E V	Mi G V	Chickpea fritters with sweet potato wedges and peas E G V
Lunch - dessert	Sliced banana with cinnamon yoghurt Mi V	Natural yoghurt with autumn berry compote Mi V	Apple slices and blackberries Ve V	Pineapple and melon sticks Ve V	Peach slices and raspberries Ve V
Afternoon tea From 3pm	Roasted pumpkin soup C Mi V	Mini baked potato with homemade beans C V	Cheese and chive scone with vegetable sticks G E Mi Mu V	Roasted vegetable frittata with cucumber and cherry tomatoes Mi E V	Hummus and pitta with vegetable sticks N G V
Afternoon snack From 5:30pm	Cheese and tomato finger sandwiches G Mi V	Tuna crunch finger sandwiches C G E Mu F	Ham and cucumber finger sandwiches G Se	Hummus and carrot finger sandwiches N G V	Chicken salad finger sandwiches G E Mu



This menu will be served on the week commencing the 5th October 2026, and runs until the week commencing 29th March 2027.

Week 2	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack From 9:30am	Chef's seasonal fresh fruit platter Ve V				
Lunch - main From 11:30am	Butternut squash macaroni cheese	Sticky pork stir-fry with egg noodles E So Se Mo F	Red lentil and spinach korma with brown rice	Pesto couscous with baked cod and sweetcorn Mi G F	Shepherd's pie with broccoli and cabbage C Mi F
Lunch - main Vegetarian	G Mi Mu Ve V	Sticky tofu and vegetable stir-fry with egg noodles So E Se V	Ve V	Pesto couscous with grilled halloumi and sweetcorn Mi G V	Vegetable Shepherd's pie with broccoli and cabbage C Mi V
Lunch - dessert	Melon slices and strawberries Ve V	Blackberry and pear crumble with vanilla custard Mi G E V	Kiwi and banana slices Ve V	Maple and cinnamon roasted apples topped with natural yoghurt Mi V	Chocolate and courgette cake E Mi V
Afternoon tea From 3pm	Scrambled eggs on wholemeal toast Mi E G V	Red pesto pasta Mi G V	Butternut squash and lentil soup C V	Cheese and bean quesadilla with pepper sticks Mi G V	Natural yoghurt with chef's berries and oat cakes G Mi V
Afternoon snack From 5:30pm	Cream cheese and cucumber finger sandwiches Mi G V	Chicken salad finger sandwiches E G Mu	Smashed chickpea and sweetcorn finger sandwiches G V	Tuna crunch finger sandwiches E C G Mu F	Cheese and tomato finger sandwiches G Mi V



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Week 3	Meat free Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack From 9:30am	Chef's seasonal fresh fruit platter Ve V				
Lunch - main From 11:30am	Vegetable and chickpea tagine with couscous	Chicken, mushroom and leek pie with peas and sweetcorn G Mi	Chef's roast of the day with potatoes, stuffing, carrots and parsnips C G	Vegetable cottage pie with sweetcorn	Salmon egg-fried rice E So F
Lunch - main Vegetarian	C G Ve V	Mushroom and leek pie with peas and sweetcorn G Mi V	Homemade vegetable and butter bean wellington G V	C Mi V	Tofu egg-fried rice E So V
Lunch - dessert	Baked peaches with natural yoghurt Mi V	Peach and pear slices Ve V	Pineapple and banana slices Ve V	Lemon and polenta cake E Mi V	Apple and pear slices Ve V
Afternoon tea From 3pm	Feta and red onion plait E G Mi V	Mini croque monsieur with melon fingers Mu G Mi V	Warm banana and cinnamon porridge Mi G V	Mini baked potato with tuna and sweetcorn F	Roasted vegetable and chickpea cous-cous G V
Afternoon snack From 5:30pm	Hummus and carrot finger sandwiches G N V	Ham and cucumber finger sandwiches G Se	Tuna crunch finger sandwiches C G E F Mu	Cheese and tomato finger sandwiches Mi G V	Chicken salad finger sandwiches G E Mu



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