



Autumn/Winter Menu

2025/26

Week 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>	Breakfast Bagels with choice of toppings <i>Contains: gluten and sesame</i> <i>May contain: sulphites</i>	Breakfast Carrot cake & date overnight oats <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>	Breakfast Porridge with apple & raisins <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>
Snack AM Green garden dip with pepper and rice cakes <i>Contains: milk</i>	Snack AM Fruit	Snack AM Fruit	Snack AM Tzatziki with oatcakes <i>Contains: gluten and milk</i>	Snack AM Red pepper dip with breadsticks <i>Contains: gluten and milk</i>
Lunch Mild chickpea & cauliflower curry with brown rice <i>May contain: celery, soy and sulphites</i>	Lunch Chicken & mushroom potato topped pie with carrots <i>Contains: gluten and milk</i> <i>May contain: celery and sulphites</i>	Lunch - First Course Butter bean dip with veg sticks	Lunch Beef Bolognese with potato wedges, cauliflower & green beans <i>Contains: cheese and celery</i> <i>May contain: sulphites</i>	Lunch Moroccan style couscous with hake & broccoli <i>Contains: fish and gluten</i> <i>May contain: sulphites</i>
Pudding Mandarin & yoghurt fool <i>Contains: milk</i> <i>May contain: sulphites</i>	Lunch - Vegetarian Mushroom, spinach & bean potato topped pie <i>Contains: gluten and milk</i> <i>May contain: celery and sulphites</i>	Lunch - Main Course Mediterranean veg. lentil stew <i>Contains: celery and gluten</i> <i>May contain: sulphites, sesame, soya and milk</i>	Lunch - Vegetarian Vegetarian Bolognese with potato wedges, cauliflower & green beans <i>Contains: cheese and celery</i> <i>May contain: sulphites</i>	Lunch - Vegetarian Moroccan style chickpeas with couscous & broccoli <i>Contains: gluten</i> <i>May contain: sulphites</i>
Snack PM Fruit	Pudding Stewed pears with yoghurt <i>Contains: milk</i> <i>May contain: sulphites</i>	Snack PM Cheese & herb scones with salad <i>Contains: egg, gluten and milk</i>	Pudding Fruit	Pudding Blueberry compote with plain yoghurt <i>Contains: milk</i> <i>May contain: sulphites</i>
Tea - First Course Toasted tortilla triangles with guacamole <i>May contain: gluten</i>	Snack PM Oatcakes with herb dip	Tea Chicken fajitas with tomato salsa & sour cream <i>Contains: milk and gluten</i> <i>May contain: sulphites, sesame and soya</i>	Snack PM Plain hummus & cucumber <i>Contains: sesame</i>	Snack PM Fruit
Tea - Main Course Soup of the month <i>Check allergens of each soup</i>	Tea Macaroni cheese with salmon & tomato salad <i>Contains: fish, gluten and milk</i>	Tea - Vegetarian Black bean fajitas with salsa & sour cream <i>Contains: milk and gluten</i> <i>May contain: sulphites, sesame and soya</i>	Tea Tuna & tomato pasta bake <i>Contains: fish, gluten and milk</i>	Tea Smoky herby baked beans with jacket potato <i>May contain: celery and sulphites</i>
	Tea - Vegetarian Red lentil macaroni cheese & tomato salad <i>Contains: milk</i>	Pudding Winter rice pudding with orange <i>Contains: milk</i> <i>May contain: sulphites</i>	Tea - Vegetarian Italian bean pasta bake <i>Contains: gluten and milk</i>	Pudding Banana with cinnamon
	Pudding Fruit		Pudding Fruit	



Autumn/Winter Menu

2025/26

Week 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>	Breakfast Porridge with mixed berry compote <i>Contains: gluten and milk May contain: sulphites</i>	Breakfast Bagels with choice of toppings <i>Contains: gluten and sesame May contain: sulphites</i>	Breakfast Wholegrain toast with whipped ricotta & banana <i>Contains: gluten and milk May contain: sesame and soya</i>	Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>
Snack AM Fruit	Snack AM Breadsticks with pear <i>Contains: gluten May contain: sulphites</i>	Snack AM Fruit	Snack AM Rice cakes & avocado <i>May contain: sesame, soya and sulphites</i>	Snack AM Fruit
Lunch Vegetable chilli con carne with rice <i>May contain: celery and sulphites</i>	Lunch Salmon & noodle bowl <i>Contains: gluten, fish and sesame May contain: sulphites</i>	Lunch Beef lasagne <i>Contains: gluten and milk May contain: sulphites</i>	Lunch Chicken & leek potato topped pie with greens <i>Contains: gluten and milk May contain: celery and sulphites</i>	Lunch - First Course Oatcakes with veg. selection <i>Contains: gluten</i>
Pudding Stewed apples with sultanas & yogurt <i>Contains: milk May contain: sulphites</i>	Lunch - Vegetarian Tofu & noodle bowl <i>Contains: gluten, soy-bean and sesame May contain: sulphites</i>	Lunch - Vegetarian Vegetable & red lentil lasagne <i>Contains: gluten and milk May contain: celery and sulphites</i>	Lunch - Vegetarian Cannellini bean & leek potato topped pie with greens <i>Contains: gluten and milk May contain: celery and sulphites</i>	Lunch - Main Course Beef & lentil curry with rice & butternut squash <i>May contain: celery, gluten and sulphites</i>
Snack PM Breadsticks & tzatziki dip <i>Contains: gluten and milk</i>	Pudding Banana & coconut yoghurt pudding <i>Contains: milk May contain: sulphites</i>	Pudding Fruit	Lunch - Vegetarian Cannellini bean & leek potato topped pie with greens <i>Contains: gluten and milk May contain: celery and sulphites</i>	Lunch - Vegetarian Vegetable & lentil curry with rice & butternut squash <i>May contain: celery, gluten and sulphites</i>
Tea Beef burgers in wholemeal bun with tomato & lettuce <i>Contains: egg and gluten</i>	Snack PM Traffic light kebabs	Snack PM Plain hummus & oatcakes <i>Contains: gluten and sesame</i>	Pudding Pear with ginger <i>May contain: sulphites</i>	Snack PM Sour cream & veg sticks <i>Contains: milk</i>
Tea - Vegetarian Vegetarian burgers in wholemeal bun with tomato & lettuce <i>Contains: gluten</i>	Tea Dip & dunk tea - beetroot & bean hummus, cheese, vegetable sticks & pitta bread <i>Contains: gluten and milk May contain: sesame and soya</i>	Tea Spiced chicken with potatoes, yoghurt dip & broccoli <i>Contains: gluten, egg, mustard and milk</i>	Snack PM Ricecakes with tuna dip (Vegetarian snack - egg & cottage cheese dip) <i>Contains: milk and fish/egg</i>	Tea Cod fishcakes with sweetcorn, spinach & bread <i>Contains: egg, fish, gluten and milk May contain: sesame and soya</i>
Pudding Fruit scones with fresh fruit <i>Contains: egg, gluten and milk May contain: sulphites</i>	Pudding Fruit	Tea - Vegetarian Spiced tofu with potatoes, yoghurt dip & broccoli <i>Contains: gluten, egg, mustard, milk and soy-bean</i>	Tea Italian pasta & bean stew <i>Contains: gluten May contain: celery and sulphites</i>	Tea - Vegetarian Sweet potato & chickpea pattie <i>Contains: egg and gluten May contain: milk, sesame and soya</i>
		Pudding Apple/rhubarb crumble <i>Contains: gluten and milk May contain: sulphites</i>	Pudding Mixed fruit compote	Pudding Build your own fruit & yoghurt bar <i>Contains: milk</i>



Autumn/Winter Menu

2025/26

Week 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>	Breakfast Overnight oats with coconut & apricot <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Breakfast Pear & sultana porridge <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Breakfast Bagels with choice of toppings <i>Contains: gluten and sesame</i> <i>May contain: sulphites</i>	Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>
Snack AM Butter bean dip & rice cakes	Snack AM Corn cakes & cream cheese	Snack AM Red pepper dip with breadsticks <i>Contains: gluten and milk</i> <i>May contain: sesame</i>	Snack AM Fruit	Snack AM Sour cream & veg sticks <i>Contains: milk</i>
Lunch Leek & bean risotto with peas <i>May contain: celery and sulphites</i>	Lunch Creamy salmon pasta with peas <i>Contains: fish, gluten and milk</i>	Lunch Coconut turmeric tofu noodles <i>Contains: egg and soy-beans</i>	Lunch Cottage pie with potato & cauliflower topping <i>Contains: celery, gluten and milk</i> <i>May contain: sulphites</i>	Lunch Tuna & tomato pasta bake with sweetcorn <i>Contains: fish, gluten and milk</i>
Pudding Mixed fruit compote	Lunch - Vegetarian Creamy bean pasta with peas <i>Contains: gluten and milk</i>	Pudding Baked apples <i>Contains: milk</i> <i>May contain: sulphites</i>	Lunch - Vegetarian Lentil & vegetable pie with potato & cauliflower topping <i>Contains: celery, gluten and milk</i> <i>May contain: sulphites</i>	Lunch - Vegetarian Bean & tomato pasta bake with sweetcorn <i>Contains: gluten and milk</i>
Snack PM Baked sweet potato wedges with cheese <i>Contains: milk</i>	Pudding Fruit	Snack PM Cheese & herb scones with salad veg selection <i>Contains: egg, gluten and milk</i>	Pudding Mixed fruit compote with creme fraiche	Pudding Apple & cream cheese pinwheels <i>Contains: gluten and milk</i>
Tea Falafel with wraps, salad & feta <i>Contains: gluten and milk</i> <i>May contain: sesame and soya</i>	Snack PM Oatcakes with avocado & lime dip <i>Contains: gluten</i>	Tea Rainbow wraps with hummus <i>Contains: gluten and sesame</i>	Snack PM Thick tomato salsa & oatcakes <i>Contains: gluten</i> <i>May contain: milk and sulphites</i>	Snack PM Coriander hummus & rice cakes <i>Contains: sesame</i>
Pudding Apple & carrot flapjack <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Tea Beef & tomato meatballs with rice <i>Contains: egg, gluten and milk</i> <i>May contain: sulphites</i>	Pudding Winter fruit crumble with yoghurt <i>Contains: gluten and milk</i>	Tea - First Course Plain hummus & peppers <i>Contains: sesame</i>	Tea Soup of the month
	Tea - Vegetarian Puy lentils in tomato sauce with rice <i>Contains: egg, gluten and milk</i> <i>May contain: sulphites</i>		Tea - Main Course Spanish chicken with rice <i>Contains: gluten</i> <i>May contain: celery and sulphites</i>	Pudding Whipped ricotta & peaches <i>Contains: milk</i> <i>May contain: sulphites</i>
	Pudding Fruit		Tea - Vegetarian Spanish chickpea stew with rice <i>May contain: celery and sulphites</i>	



Autumn/Winter Menu

2025/26

Week 4



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>	Breakfast Banana & cinnamon toast <i>Contains: gluten and milk</i> <i>May contain: sesame and soya</i>	Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>	Breakfast Overnight oats with mandarin & cranberry <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Breakfast Bagels with choice of toppings <i>Contains: gluten and sesame</i> <i>May contain: sulphites</i>
Snack AM Plain hummus & veg. sticks <i>Contains: sesame</i>	Snack AM Green garden dip with oatcakes & pepper <i>Contains: gluten and milk</i>	Snack AM Fruit	Snack AM Roasted vegetable kebabs	Snack AM Sour cream & rice cakes <i>Contains: milk</i>
Lunch Sweet potato & red lentil curry with rice and pitta <i>Contains: gluten</i> <i>May contain: celery, milk, sesame, soya and sulphites</i>	Lunch One pot sweet turkey rice <i>Contains: milk</i> <i>May contain: celery and sulphites</i>	Lunch Cod fishcakes with sweetcorn, spinach & bread <i>Contains: egg, fish, gluten and milk</i> <i>May contain: sesame and soya</i>	Lunch Greek style chicken bites with roast potatoes <i>Contains: milk</i> <i>May contain: celery, gluten and sulphites</i>	Lunch Beef lasagne <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>
Pudding Pears & dried apricots <i>May contain: sulphites</i>	Lunch - Vegetarian One pot sweet beans rice <i>Contains: milk</i> <i>May contain: celery and sulphites</i>	Lunch - Vegetarian Sweet potato & chickpea pattie <i>Contains: egg and gluten</i> <i>May contain: milk, sesame and soya</i>	Lunch - Vegetarian Chickpea bites with roast potatoes <i>Contains: milk</i> <i>May contain: celery, gluten and sulphites</i>	Lunch - Vegetarian Vegetable and lentil lasagne <i>Contains: gluten and milk</i> <i>May contain: celery and sulphites</i>
Snack PM Oatcakes & cream cheese <i>May contain: gluten and milk</i>	Pudding Fruit scones with fresh fruit <i>Contains: egg, gluten and milk</i> <i>May contain: sulphites</i>	Pudding Fruit	Pudding Fruit	Pudding Fruit
Tea Flaked salmon with potato wedges, broccoli & lemon yoghurt sauce <i>Contains: fish and milk</i>	Snack PM Cheddar cheese and pear <i>Contains: milk</i>	Snack PM Sour cream & veg sticks <i>Contains: milk</i>	Pudding Fruit	Snack PM Carrots & cucumber sticks
Tea - Vegetarian Roasted tofu with potato wedges, broccoli & lemon yoghurt sauce <i>Contains: milk and soy-beans</i>	Tea Rainbow bowl - bulghur wheat, roasted veg. & hummus <i>Contains: gluten and sesame</i> <i>May contain: celery and sulphites</i>	Tea Beef & vegetable stew with herb cobbles <i>Contains: gluten and milk</i> <i>May contain: celery and sulphites</i>	Snack PM Rice cakes & pepper sticks	Tea Stuffed peppers with couscous & tomato sauce <i>Contains: gluten</i> <i>May contain: celery and sulphites</i>
Pudding Fruit	Pudding Fruit chia pudding <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Tea - Vegetarian Vegetarian stew with herb cobbles <i>Contains: celery, gluten and milk</i> <i>May contain: sulphites</i>	Tea Italian bean & cheese pitta pizza with green salad <i>Contains: milk and gluten</i> <i>May contain: sesame and soya</i>	Pudding Fruit & plain yoghurt <i>Contains: milk</i>
		Pudding Apple & berry crumble with yoghurt <i>Contains: gluten and milk</i>	Pudding Pear & blueberry pancake sheet <i>Contains: egg, gluten and milk</i>	