



# MENU

## Autumn 2025

Week 1	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Spaghetti Bolognese served with garlic bread Vegetarian option: lentil Bolognese</i>	<i>Fruit compote with natural yoghurt</i>	<i>Selection of wraps Side dish: vegetable crudités</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Chicken and spinach katsu curry served with brown rice and naan bread Vegetarian option: butternut squash</i>	<i>Spiced pear flapjack</i>	<i>Jacket potato halves Side dish: tuna or 'chickpea tuna' and sweetcorn</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Creamy salmon and broccoli pasta bake Vegetarian option: no salmon</i>	<i>Seasonal fruit salad</i>	<i>Vegetable pizza muffins Side dish: cucumber sticks</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Cheese, onion and potato bake served with roasted root vegetables</i>	<i>Puff pastry twist with an apple compote dip</i>	<i>Homemade mixed beans in tomato sauce Side dish: toasted triangles</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sausage and mash with onion gravy served with garden peas Vegetarian option: meat-free sausage</i>	<i>Sliced banana and Greek yoghurt</i>	<i>Ploughman's salad platter Side dish: wholemeal bread roll</i>



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Week 2	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Beef chilli served with fluffy rice and sweetcorn Vegetarian option: mixed beans</i>	<i>Natural yoghurt with berry compote</i>	<i>Homemade sausage rolls Vegetarian option: meat-free sausage rolls  Served with: rainbow coleslaw</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Roasted vegetable lasagne served with garlic bread</i>	<i>Fresh fruit platter</i>	<i>Savoury scones with cream cheese  Side dish: tomato salad</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sweet and sour chicken and vegetable stir fry served with noodles Vegetarian option: tofu</i>	<i>Rice pudding with spiced plums</i>	<i>Fish finger wraps Vegetarian option: vegetable fingers  Side dish: sweetcorn</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Creamy coconut fish curry with green beans, served with rice and naan bread Vegetarian option: mixed vegetables</i>	<i>Seasonal fruit salad served with Greek yoghurt</i>	<i>Homemade potato and sweet potato wedges  Side dish: baked beans</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Roast of the day with all trimmings Vegetarian option: meat-free pieces</i>	<i>Melon wedges</i>	<i>Build your own sandwich bar Side dish: vegetable crudités</i>



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Week 3	MORNING SNACK	DINNER	DESSERT	AFTERNOON TEA
MONDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Sausage and fusilli pasta bake served with broccoli florets Vegetarian option: mixed vegetables</i>	<i>Banana and berry smoothie bowl</i>	<i>Cheese and tomato pastry swirls Side dish: cucumber sticks</i>
TUESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Fish pie with a sweet potato topping served with garden peas Vegetarian option: meat-free pieces</i>	<i>Seasonal fruit salad</i>	<i>Bagels with hummus and ham Vegetarian option: no ham Side dish: grated carrot</i>
WEDNESDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Vegetable and bean enchiladas served with Mexican rice</i>	<i>Stewed pears with Greek yoghurt</i>	<i>Chef's soup of the day Side dish: warm bread roll</i>
THURSDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Moroccan chicken with root vegetables served with herby cous cous Vegetarian option: no chicken</i>	<i>Fresh fruit platter</i>	<i>Tuna pasta salad Vegetarian option: vegetable pasta salad Side dish: sweetcorn</i>
FRIDAY	<i>A selection of fresh fruit, vegetables crudités and a variety of healthy savoury snacks</i>	<i>Savoury mince and onion served with new potatoes and garden peas Vegetarian option: green lentils</i>	<i>Apple and raisin crumble with low-sugar custard</i>	<i>Selection of filled pitta breads Side dish: tomato salad</i>