



# Autumn/Winter Menu

2025/26

## Week 1



### MONDAY

#### Breakfast

Variety of low-sugar breakfast cereals

#### Snack AM

Pepper, rice cakes with green garden dip

#### Lunch

Chickpea & cauliflower curry with brown rice

#### Pudding

Mandarin & yoghurt fool

#### Snack PM

Fruit

#### Tea - First Course

Toasted corn tortilla wraps with guacamole

#### Tea - Main Course

Soup of the month

### TUESDAY

#### Breakfast

Bagels with choice of toppings (mashed avocado, cream cheese or banana)

#### Snack AM

Fruit

#### Lunch

Chicken & mushroom potato topped pie with carrots

#### Lunch - Vegetarian

Mushroom, spinach & bean potato topped pie with carrots

#### Pudding

Stewed pears with creme fraiche

#### Snack PM

Oatcakes & sweet potato & herb dip

#### Tea

Macaroni cheese & salmon & tomato salad

#### Tea - Vegetarian

Red lentil macaroni cheese & tomato salad

#### Pudding

Fruit

### WEDNESDAY

#### Breakfast

Carrot cake & date overnight oats

#### Snack AM

Fruit

#### Lunch - First Course

Veg sticks & butter bean dip

#### Lunch - Main Course

Med veg lentil stew with pitta bread

#### Snack PM

Cheese & herb scones

#### Tea

Chicken fajitas with salsa & sour cream

#### Tea - Vegetarian

Bean fajitas with salsa & sour cream

#### Pudding

Winter rice pudding and orange

### THURSDAY

#### Breakfast

Variety of low-sugar breakfast cereals

#### Snack AM

Oatcakes & tzatziki

#### Lunch

Beef Bolognese sauce with potato wedges & cauliflower & green beans

#### Lunch - Vegetarian

Lentil Bolognese sauce with potato wedges & cauliflower & green beans

#### Pudding

Fruit

#### Snack PM

Cucumber & hummus

#### Tea

Tuna & tomato pasta bake with breadcrumb topping & sweetcorn

#### Tea - Vegetarian

Italian bean pasta bake with breadcrumb topping & sweetcorn

#### Pudding

Fruit

### FRIDAY

#### Breakfast

Porridge with apple & raisins

#### Snack AM

Breadsticks & red pepper dip

#### Lunch

Moroccan style couscous with hake & broccoli

#### Lunch - Vegetarian

Moroccan style chickpeas with couscous & broccoli

#### Pudding

Blueberry compote with plain yoghurt

#### Snack PM

Fruit

#### Tea

Smoky herbed baked beans and jacket potato with vegetable sticks

#### Pudding

Banana & cinnamon



# Autumn/Winter Menu

2025/26

## Week 2



### MONDAY

#### Breakfast

Variety of low-sugar breakfast cereals

#### Snack AM

Fruit

#### Lunch

Vegetable chilli con carne with rice

#### Pudding

Stewed apples with sultanas & creme fraiche

#### Snack PM

Breadsticks & tzatziki dip

#### Tea

Beef burgers in wholemeal bun with tomato & lettuce

#### Tea - Vegetarian

Vegetarian burgers in wholemeal bun with tomato & lettuce

#### Pudding

Fruit scones with fresh fruit

### TUESDAY

#### Breakfast

Porridge with mixed berry compote

#### Snack AM

Breadsticks with pear

#### Lunch

Salmon & noodle bowl

#### Lunch - Vegetarian

Tofu & noodle bowl

#### Pudding

Banana & coconut yoghurt pudding

#### Snack PM

Traffic light kebabs

#### Tea

Dip & dunk tea - beetroot & bean hummus, cheese, carrot, cucumber & pitta bread

#### Pudding

Fruit

### WEDNESDAY

#### Breakfast

Bagels with choice of toppings (mashed avocado, cream cheese or banana)

#### Snack AM

Fruit

#### Lunch

Beef lasagne & green chopped salad

#### Lunch - Vegetarian

Vegetable & red lentil lasagne & green chopped salad

#### Pudding

Fruit

#### Snack PM

Oatcakes & hummus

#### Tea

Spiced chicken & potatoes, yoghurt dip & broccoli

#### Tea - Vegetarian

Spiced tofu with potatoes, yoghurt dip & broccoli

#### Pudding

Apple/rhubarb crumble

### THURSDAY

#### Breakfast

Wholegrain toast with whipped ricotta & banana

#### Snack AM

Rice cakes & avocado

#### Lunch

Chicken & leek potato topped pie with greens

#### Lunch - Vegetarian

Cannellini bean & leek potato topped pie with greens

#### Pudding

Pear & ginger

#### Snack PM

Ricecakes with tuna dip (Vegetarian snack - egg & cottage cheese dip)

#### Tea

Italian pasta & bean stew

#### Pudding

Mixed fruit compote

### FRIDAY

#### Breakfast

Variety of low-sugar breakfast cereals

#### Snack AM

Fruit

#### Lunch - First Course

Oatcakes with salad veg selection

#### Lunch - Main Course

Beef, lentil & vegetable curry with rice & butternut squash

#### Lunch - Vegetarian

Lentil & vegetable curry with rice & butternut squash

#### Snack PM

Veg sticks & sour cream dip

#### Tea

Cod fishcakes with sweetcorn, spinach & bread

#### Tea - Vegetarian

Sweet potato & chickpea pattie with sweetcorn, spinach & bread

#### Pudding

Build your own fruit & yoghurt bar



# Autumn/Winter Menu

2025/26

## Week 3



### MONDAY

#### Breakfast

Variety of low-sugar breakfast cereals

#### Snack AM

Rice cakes & butter bean dip

#### Lunch

Leek & bean risotto with peas

#### Pudding

Mixed fruit compote

#### Snack PM

Baked sweet potato wedges with cheese

#### Tea

Falafel with wraps, salad & feta

#### Pudding

Apple & carrot flapjack

### TUESDAY

#### Breakfast

Coconut & apricot overnight oats with fruit

#### Snack AM

Corn cakes & cream cheese

#### Lunch

Creamy salmon pasta with peas

#### Lunch - Vegetarian

Creamy bean pasta with peas

#### Pudding

Fruit

#### Snack PM

Oatcakes & avocado & lime dip

#### Tea

Beef & tomato meatballs with rice

#### Tea - Vegetarian

Lentil & tomato sauce with rice

#### Pudding

Fruit

### WEDNESDAY

#### Breakfast

Pear & sultana porridge

#### Snack AM

Pitta bread & roasted red pepper dip

#### Lunch

Coconut Turmeric Tofu Noodles

#### Pudding

Baked apples

#### Snack PM

Cheese & herb scones with salad veg selection

#### Tea

Rainbow wraps with hummus

#### Pudding

Winter crumble with yoghurt

### THURSDAY

#### Breakfast

Bagels with choice of toppings (mashed avocado, cream cheese or banana)

#### Snack AM

Fruit

#### Lunch

Cottage pie with cauliflower cheese topping & green beans

#### Lunch - Vegetarian

Lentil & potato pie with cauliflower cheese topping & green beans

#### Pudding

Mixed fruit compote with creme fraiche

#### Snack PM

Tomato salsa & oatcakes

#### Tea - First Course

Pepper & hummus

#### Tea - Main Course

Spanish chicken with rice

#### Tea - Vegetarian

Spanish chickpea stew with rice

### FRIDAY

#### Breakfast

Variety of low-sugar breakfast cereals

#### Snack AM

Veg sticks with sour cream

#### Lunch

Tuna, tomato & potato bake with broccoli

#### Lunch - Vegetarian

White bean, tomato & potato bake with broccoli

#### Pudding

Apple & cream cheese pinwheels

#### Snack PM

Coriander hummus & rice cakes

#### Tea

Soup of the month

#### Pudding

Whipped ricotta & peaches



# Autumn/Winter Menu

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## Week 4



### MONDAY

#### Breakfast

Variety of low-sugar breakfast cereals

#### Snack AM

Hummus & veg sticks

#### Lunch

Sweet potato & red lentil curry with rice and pitta

#### Pudding

Pears & dried apricots

#### Snack PM

Oatcakes & cream cheese

#### Tea

Salmon with potato wedges, broccoli & lemon/ yoghurt dipping sauce

#### Tea - Vegetarian

Roasted tofu with potato wedges, broccoli & lemon/ yoghurt dipping sauce

#### Pudding

Fruit

### TUESDAY

#### Breakfast

Banana & cinnamon toast & glass of milk

#### Snack AM

Green garden dip with oatcakes & pepper

#### Lunch

One pot sweet turkey rice with green beans

#### Lunch - Vegetarian

One pot beans & rice with green beans

#### Pudding

Fruit scones

#### Snack PM

Cheddar cheese and pear

#### Tea

Rainbow bowl - bulgur wheat, roasted veg & hummus

#### Pudding

Fruity chia pudding

### WEDNESDAY

#### Breakfast

Variety of low-sugar breakfast cereals

#### Snack AM

Fresh Fruit

#### Lunch

Cod fishcakes with spinach and sweetcorn

#### Lunch - Vegetarian

Sweet potato & chickpea cakes with spinach & sweetcorn

#### Pudding

Fruit

#### Snack PM

Breadsticks & sour cream dip

#### Tea

Beef & vegetable stew with herb cobbles

#### Tea - Vegetarian

Vegetarian stew with herb cobbles

#### Pudding

Apple & berry crumble with plain yoghurt

### THURSDAY

#### Breakfast

Overnight oats with mandarin & cranberry

#### Snack AM

Roasted vegetable kebabs

#### Lunch

Greek-style chicken bites with roast potatoes, green beans & yoghurt dip

#### Lunch - Vegetarian

Chickpea bites with roast potatoes, green beans & yoghurt dip

#### Pudding

Fruit

#### Snack PM

Rice cakes & pepper sticks

#### Tea

Italian bean & cheese pizza with green salad

#### Pudding

Pancake sheet with pear & blueberries

### FRIDAY

#### Breakfast

Bagels with choice of toppings (mashed avocado, cream cheese or banana)

#### Snack AM

Rice cakes & sour cream dip

#### Lunch

Beef lasagne

#### Lunch - Vegetarian

Vegetable and lentil lasagne

#### Pudding

Fruit

#### Snack PM

Carrots & cucumber sticks

#### Tea

Stuffed peppers with couscous & tomato sauce

#### Pudding

Fruit & plain yoghurt