



Autumn/Winter Menu

2025/26

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of low-sugar Cereals, Porridge, Fruit and Wholemeal Toast *G				
AM Snack	Selection of Fruits				
Lunch	Indian Chickpea and Cauliflower Curry with Brown Rice	Chicken and Mushroom Potato Topped Pie *G *DA (V) Leek and Mushroom Potato Topped Pie *G *DA	Hungarian Vegetarian Goulash with Mashed Potato	Gujarati Lamb Keema Biryani (V) Paneer and Vegetable Biryani *DA	Chinese Vegetable Chow Mein Egg Noodles *SY *E (V) Chinese Vegetable Chow Mein Rice Noodles with Edamame Beans *SY
Dessert	Blueberry Compote with Plain Yoghurt *DA	Fruit	Stewed Apple with Cinnamon	Fruit	Banana Bread *G
Snack	Carrot Sticks with Hummus	Cucumber Sticks with Herby Yoghurt Dip *DA	Breadsticks with Salsa Dip *G	Oatcakes with Cream Cheese *DA *G	Crackers with White Bean Dip *G
Tea	Beef Bolognese Sauce with Potato Wedges & Green Beans *CE (V) Lentil Bolognese Sauce with Potato Wedges & Green Beans *CE	Red Lentil & Broccoli Macaroni Cheese *G *DA	Kerala Fish & Vegetable Curry with Basmati Rice *F (V) Kidney Bean Curry with Basmati Rice	Sweet Potato and Chickpea Soup with Wholemeal Bread *G	Jacket Potato with Tuna Mayo and Sweetcorn *F *E (V) Jacket Potato with Mixed Bean Con Carne
Pudding	Fruit	Berry Flapjacks	Fruit	Lemon and Lime Cupcakes *G *E	Fruit

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of low-sugar Cereals, Porridge, Fruit and Wholemeal Toast *G				
AM Snack	Selection of fruits				
Lunch	Lamb Spaghetti Bolognese with Zucchini and Mushrooms *G *CE (V) Lentil Spaghetti Bolognese with Zucchini and Mushrooms *CE *SY	Cheesy Bean Enchiladas with Vegetable Sticks *DA *G	Jamaican Jerk Chicken with Rice and Peas (V) Jerk Cauliflower with Rice and Peas	Penne Lentil, Cheese and Broccoli Bake *DA *G	Chicken and Potato Curry with Naan Bread *G (V) Chickpea and Potato Curry with Naan Bread *G
Dessert	Fruit	Yoghurt with fruit *DA	Fruit	Carrot Cake Bites *G	Fruit
Snack	Oatcakes with Cream Cheese *DA *G	Carrot Sticks with Hummus	Crackers with White Bean Dip *G	Breadsticks with Salsa Dip *G	Cucumber Sticks with Herby Yoghurt Dip *D
Tea	Tuscan White Bean Soup with Wholemeal Bread *G *CE	Cod Fish Cakes with Petit Pois and Steamed Vegetables *F *G (V) Sweet Potato & Chickpea Pattie with Steamed Vegetables *G	Lentil and Vegetable Cottage Pie Topped with Mashed Potato	Moroccan Lamb Tagine with Cous-Cous *G (V) Vegetable Chickpea Tagine with Cous Cous *G	Red Pepper, Butter Bean and Tomato Fusilli *G
Pudding	Oatmeal Apple Bites	Fruit	Berry Cupcakes *G *E	Fruit	Baked Oat Bars with Dates and Banana

Children to have access to drinking water throughout the day. Milk is always served during breakfast and snacks.

VEGETARIAN/VEGAN – V, GLUTEN – G, EGG – E, FISH – F, SOYA – SY, DAIRY – DA, CELERY – CE,

We also ensure that children are introduced to a variety of fresh fruits and vegetables.

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of low-sugar Cereals, Porridge, Fruit and Wholemeal Toast *G				
AM Snack	Selection of Fruits				
Lunch	Moroccan Chicken and Vegetable Stew with Bulgur Wheat *G (V) Moroccan Vegetable Chickpea Stew with Bulgur Wheat *G	Leek and Bean Paella with Peas *DA	Salmon, Dill and Pea Linguine *G *F *DA (V) Tofu, dill and pea Linguine *G *SY *DA	Mixed Bean & Vegetable Puff Pastry Pie *G	Persian Mini Lamb Kofte with Vegetable Stew and Cous Cous *G (V) Mini Lentil Kofta with Vegetable Stew and Cous Cous *G
Dessert	Sweet Potato Brownie *G	Fruit	Yoghurt with Raspberry Puree *DA	Fruit	Apple and Oat Crumble
Snack	Cucumber Sticks with Herby Yoghurt Dip *DA	Carrot Sticks with Hummus	Crackers with White Bean Dip *G	Oatcakes with Cream Cheese *DA *G	Breadsticks with Salsa Dip *G
Tea	Lentil & Cauliflower Bake with Cheesy Potato Topping *DA	Italian Lamb Meatballs with Mashed Potato *G (V) Lentil Meatballs with Mash Potato *G	Spinach, Sweet Potato and Lentil Dahl with Cous Cous *G	Sweet and Sour Chicken with Brown Rice (V) Sweet and Sour Tofu with Brown Rice *SY	Punjabi Dal Makhani with Basmati Rice and Steamed Green Beans *G
Pudding	Fruit	Apple and Carrot Flapjack	Fruit	Fruit Scones *G	Fruit

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of low-sugar Cereals, Porridge, Fruit and Wholemeal Toast *G				
AM Snack	Selection of Fruits				
Lunch	Mexican Vegetable Con Carne with Brown Rice *G	Ghanian Chicken Jollof Rice with Mixed Vegetables (V) Vegetable Jollof Rice with Kidney Beans	Tofu and Vegetable Singaporean Rice Noodles *SY *G	Thai Salmon Coconut Curry with Rice *F (V) Aubergine, Chickpea and Potato Curry with Rice	Lentil Bolognese with Mashed Potato
Dessert	Fruit	Mango Compote with Plain Yoghurt *DA	Fruit	Zucchini oat cookies	Fruit
Snack	Breadsticks with Salsa Dip *G	Oatcakes with Cream Cheese *DA *G	Crackers with White Bean Dip *G	Carrot Sticks with Hummus	Cucumber Sticks with Herby Yoghurt Dip *DA
Tea	Tuna White Sauce Pasta Bake with Steamed Carrots *G *F *DA (V) Cannellini Bean White Sauce Pasta Bake with Steamed Carrots *DA *G	Smoky Herb Homemade Baked Beans and Jacket Wedges with Steamed Vegetables	Lamb and Vegetable Lasagne *G *DA *CE (V) Vegetable Lentil Lasagne *G *DA *CE	Cheesy White Bean Potato Bake *DA	Chicken and Vegetable Soup with Wholemeal Bread *G (V) Chickpea and Vegetable Soup with Wholemeal Bread *G
Pudding	Cinnamon raisin oatmeal cookies	Fruit	Lemon and Orange Biscuits *G	Fruit	Pineapple Muffins *G *E

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