



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 May contain: sulphites</i>	Breakfast Carrot cake & date overnight oats <i>Contains: gluten and milk 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 May contain: sulphites</i>
Snack AM Green garden dip with red peppers & rice cakes <i>Contains: milk</i>	Snack AM Fruit	Snack AM Fruit	Snack AM Tzatziki dip 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 <i>May contain: celery, soy and sulphites</i>	Lunch Chicken, mushroom & spinach potato pie <i>Contains: gluten and milk May contain: celery and sulphites</i>	Lunch - First Course Butter bean dip with veg. sticks	Lunch Beef bolognese with potato wedges <i>Contains: cheese and celery May contain: sulphites</i>	Lunch Moroccan style hake with couscous & broccoli <i>Contains: fish and gluten May contain: sulphites</i>
Tea - First Course Toasted tortilla triangles with guacamole <i>May contain: gluten</i>	Lunch - Vegetarian Mushroom, spinach & bean potato pie <i>Contains: gluten and milk May contain: celery and sulphites</i>	Lunch - Main Course Mediterranean veg. lentil stew <i>Contains: celery and gluten May contain: sulphites, sesame, soya and milk</i>	Lunch - Vegetarian Vegetarian bolognese with potato wedges <i>Contains: cheese and celery May contain: sulphites</i>	Lunch - Vegetarian Moroccan style chickpeas with couscous & broccoli <i>Contains: gluten May contain: sulphites</i>
Tea - Main Course Soup of the month <i>Check allergens of each soup</i>	Pudding Stewed pears with yoghurt <i>Contains: milk May contain: sulphites</i>	Tea Chicken fajitas with tomato salsa & sour cream <i>Contains: milk and gluten May contain: sulphites, sesame and soya</i>	Pudding Fruit	Pudding Blueberry compote with yoghurt <i>Contains: milk May contain: sulphites</i>
	Tea Macaroni cheese with salmon & tomato salad <i>Contains: fish, gluten and milk</i>	Tea - Vegetarian Black bean fajitas with tomato salsa & sour cream <i>Contains: milk and gluten May contain: sulphites, sesame and soya</i>	Tea Tuna & tomato pasta bake with sweetcorn <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 with tomato salad <i>Contains: milk</i>	Pudding Winter rice pudding with orange <i>Contains: milk May contain: sulphites</i>	Tea - Vegetarian Bean & tomato pasta bake with sweetcorn <i>Contains: gluten and milk</i>	Pudding Banana with cinnamon
	Pudding Fruit		Pudding Fruit	



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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</i> <i>May contain: sulphites</i>	Breakfast Bagels with choice of toppings <i>Contains: gluten and sesame</i> <i>May contain: sulphites</i>	Breakfast Wholegrain toast with whipped ricotta & banana <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>
Snack AM Fruit	Snack AM Breadsticks with pear <i>Contains: gluten</i> <i>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 <i>May contain: celery and sulphites</i>	Lunch Salmon & noodle bowl <i>Contains: gluten, fish and sesame</i> <i>May contain: sulphites</i>	Lunch Beef lasagne <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Lunch Chicken & leek potato topped pie <i>Contains: gluten and milk</i> <i>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</i> <i>May contain: sulphites</i>	Lunch - Vegetarian Tofu & noodle bowl <i>Contains: gluten, soy-bean and sesame</i> <i>May contain: sulphites</i>	Lunch - Vegetarian Vegetable & red lentil lasagne <i>Contains: gluten and milk</i> <i>May contain: celery and sulphites</i>	Lunch - Vegetarian Cannellini bean & leek potato topped pie <i>Contains: gluten and milk</i> <i>May contain: celery and sulphites</i>	Lunch - Main Course Beef & lentil curry with rice & butternut squash <i>May contain: celery, gluten and sulphites</i>
Tea Beef burgers in bun with tomato & lettuce <i>Contains: egg and gluten</i>	Pudding Banana & coconut yoghurt pudding <i>Contains: milk</i> <i>May contain: sulphites</i>	Pudding Fruit	Pudding Pears with ginger <i>May contain: sulphites</i>	Lunch - Vegetarian Vegetable & lentil curry with rice & butternut squash <i>May contain: celery, gluten and sulphites</i>
Tea - Vegetarian Veg. burgers in bun with tomato & lettuce <i>Contains: gluten</i>	Tea Dip & dunk tea - beetroot & bean hummus, cheese, veg. sticks & pitta bread <i>Contains: gluten and milk</i> <i>May contain: sesame and soya</i>	Tea Spiced chicken with potatoes <i>Contains: gluten, egg, mustard and milk</i>	Tea Italian pasta & bean stew <i>Contains: gluten</i> <i>May contain: celery and sulphites</i>	Tea Cod fishcakes with sweetcorn & spinach <i>Contains: egg, fish, gluten and milk</i> <i>May contain: sesame and soya</i>
Pudding Fruit scones with fresh fruit <i>Contains: egg, gluten and milk</i> <i>May contain: sulphites</i>	Tea - Vegetarian Sweet potato & chickpea pattie <i>Contains: egg and gluten</i> <i>May contain: milk, sesame and soya</i>	Tea - Vegetarian Spiced tofu with potatoes <i>Contains: gluten, egg, mustard, milk and soy-bean</i>	Pudding Mixed fruit compote	Tea Build your own fruit & yoghurt bar <i>Contains: milk</i>



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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 Porridge with pear & sultana <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 Oat cakes with cream cheese <i>Contains: milk</i>	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 with 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	Pudding Fruit	Pudding Baked apples <i>Contains: milk</i> <i>May contain: sulphites</i>	Pudding Mixed fruit compote <i>Contains: milk</i>	Lunch - Vegetarian Bean & tomato pasta bake with sweetcorn <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>	Tea Beef & tomato meatballs with rice <i>Contains: egg, gluten and milk</i> <i>May contain: sulphites</i>	Tea Rainbow wraps with hummus <i>Contains: gluten and sesame</i>	Tea - First Course Plain hummus & peppers <i>Contains: sesame</i>	Pudding Apple & cream cheese pinwheels <i>Contains: gluten and milk</i>
Pudding Apple & carrot flapjacks <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Tea - Vegetarian Puy lentils in tomato sauce 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 - Main Course Spanish chicken with brown rice <i>Contains: gluten</i> <i>May contain: celery and sulphites</i>	Tea Soup of the month
	Pudding Fruit		Tea - Vegetarian Spanish chickpea stew with brown rice <i>May contain: celery and sulphites</i>	Pudding Whipped ricotta with peaches <i>Contains: milk</i> <i>May contain: sulphites</i>



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Week 4



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