

Autumn/Winter Lunch Menu 2025/26



Week 1	Lunch	Dessert
Monday	<u>Cauliflower & Macaroni Cheese Bake with Seasonal Veg</u> Cauliflower, macaroni, GLUTEN/WHEAT , cheese: MILK/DAIRY , peas, carrots, parsley	<u>Fruit Salad pot</u> Orange, peach and pineapple
Tuesday	<u>British Roast Chicken, Roast Potatoes with Gravy & Veg</u> Chicken, paprika, mixed herbs, potatoes, garlic, onion, peas, carrots, broccoli, gravy: WHEAT/GLUTEN (Vegetarian Option) Quorn meat free- WHEAT/GLUTEN & EGG	<u>Cherry & Courgette Fruit Loaf</u> Milk, butter: MILK/ DAIRY , Flour: WHEAT/GLUTEN , cherry, courgette, EGG (no sugar)
Wednesday	<u>Super Shepherd's Pie</u> <u>Served with leafy Salad</u> Lamb mince, onion, tomatoes, garlic, mixed herbs, sweetcorn, Lettuce, carrots, peas, potato, MILK/DAIRY , gravy: WHEAT/GLUTEN, SOYA (Vegetarian Option)	<u>Strawberry Compote Yoghurt</u> Strawberry, MILK/ DAIRY
Thursday	<u>Caribbean Chicken Curry with Herby Golden Vegetable Rice</u> Chicken, thyme, tomatoes, peas, carrots rice, turmeric, onion, garlic (Vegetarian Option)	<u>Melon Slices</u> Melons
Friday	<u>Breaded Cod Fish with Straight cut chips & Peas</u> Cod fish, potatoes, peas, Bread: WHEAT/GLUTEN (Vegetarian Option) Breaded veggie fingers: WHEAT/GLUTEN	<u>Natural Greek Yoghurt</u> Natural Greek style yoghurt- DAIRY/MILK



Week 2	Lunch	Dessert
Monday	<u>Chicken Sausage, Sweet Potato Veggie Bake</u> Chicken sausage, paprika, mixed herbs, sweet potatoes, onion, peas, carrots, broccoli (Vegetarian Option)	<u>Fruit Salad pot</u> Orange, pear and pineapple
Tuesday	<u>Indian Vegetable Curry with Saffron Rice</u> Cauliflower, carrots, peas, bell peppers, coriander, turmeric, potato, tomato, rice: MAIZE	<u>Apple & Cinnamon Swirl</u> MILK/ DAIRY/EGG, Flour: WHEAT/GLUTEN, cinnamon, apple (no sugar)
Wednesday	<u>British Roast Turkey, Roast Potatoes with Gravy & Veg</u> Turkey, paprika, mixed herbs, potatoes, gravy: WHEAT/GLUTEN (Vegetarian Option) Quorn meat free- WHEAT/GLUTEN & EGG	<u>Strawberry Fruit Mousse</u> Strawberry, MILK/ DAIRY
Thursday	<u>Italian Beef Lasagna & Carrots</u> Mince beef, tomatoes, mixed herbs, carrots, pasta: WHEAT/GLUTEN cheese: MILK/DIARY (Vegetarian Option) pasta: WHEAT/GLUTEN	<u>Exotic Melon</u> Melons
Friday	<u>Salmon with Vegetable Rice</u> Salmon: FISH, mixed herbs, peas, carrots rice: MAIZE, sweetcorn, lemon (Vegetarian Option) Breaded veggie fingers: WHEAT/GLUTEN	<u>Natural Greek Yoghurt</u> Natural Greek style yoghurt- DAIRY/MILK



Week 3		Lunch	Dessert
Monday	<u>Texas BBQ Chicken with Vegetable Rice</u> Chicken, BBQ sauce, tomato sauce, onion, black pepper, water, peas, carrots, rice (Vegetarian Option)	<u>Fresh Orange Slices</u> Orange	
Tuesday	<u>Greek Beef Meatballs Spaghetti Served with Cucumber Slices</u> Mince beef: water, GLUTEN FREE BREADCRUMBS , rice flour, starch, paprika, coriander, black pepper, parsley, mixed herbs Spaghetti: Durum WHEAT/GLUTEN cucumber (Vegetarian Option)- Quorn Veggie balls WHEAT/GLUTEN & EGG	<u>Mixed Berry Biscuit</u> Wheat Flour: WHEAT/ GLUTEN , butter: MILK/DAIRY , EGG , baking powder, mixed berry (no sugar)	
Wednesday	<u>Cheesy Broccoli Pasta Bake</u> Cheese: MILK/DAIRY , broccoli, Penne pasta: Durum WHEAT/GLUTEN , mixed herbs	<u>Watermelon Slices</u> Watermelon	
Thursday	<u>Roast Lamb, Roast Potatoes with Gravy & Vegetables</u> Lamb, potatoes, gravy: WHEAT/GLUTEN flour, potato starch, SOYA , barley, carrots, peas (Vegetarian Option) Quorn meat free- WHEAT/GLUTEN & EGG	<u>Banana Fruit Mousse</u> Banana, milk: DAIRY/MILK	
Friday	<u>Breaded Cod Bites with Potato Wedges and Veg</u> Cod fish: FISH , breadcrumbs: WHEAT/GLUTEN flour, water, yeast, potato, carrots, peas (Vegetarian Option) Breaded veggie fingers: WHEAT/GLUTEN	<u>Mango & Banana Smoothie</u> Mango, banana, water	

