



# Spring Lunch Menu 2026

**SAMPLE**



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



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



**SAMPLE**



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

