



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	Cucumber Sticks with Herby Yoghurt Dip *DA	Selection of Fruits	Oatcakes with Cream Cheese *DA *G	Selection of Fruits
Lunch	Indian Chickpea and Cauliflower Curry with Brown Rice *CE	Chicken and Mushroom Potato Topped Pie *CE *DA (V) Leek and Mushroom Potato Topped Pie *CE *DA	Hungarian Vegetarian Goulash with Mashed Potato *CE	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 *G
Dessert	Blueberry Compote with Plain Yoghurt *DA	Fruit	Stewed Apple with Cinnamon	Fruit	Banana Bread *G
Snack	Carrot Sticks with Hummus	Selection of Fruits	Breadsticks with Salsa Dip *G	Selection of Fruits	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 *CE	Kerala Fish & Vegetable Curry with Basmati Rice *F (V) Kidney Bean Curry with Basmati Rice	Sweet Potato and Chickpea Soup with Wholemeal Bread *G *CE	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	Oatcakes with Cream Cheese *DA	Selection of Fruits	Crackers with White Bean Dip *G	Selection of Fruits	Cucumber Sticks with Herby Yoghurt Dip *D
Lunch	Lamb Spaghetti Bolognese with Zucchini and Mushrooms *G *CE (V) Lentil Spaghetti Bolognese with Zucchini and Mushrooms *G *CE	Cheesy Bean Enchiladas with Vegetable Sticks *DA *G	Jamaican Jerk Chicken with Brown Rice and Peas (V) Jerk Cauliflower with Rice and Peas	Penne Lentil, Cheese and Broccoli Bake *DA *G *CE	Chicken and Potato Curry with Naan Bread *G (V) Chickpea and Potato Curry with Naan Bread *G
Dessert	Fruit	Homemade Summer Fruit Smoothie	Fruit	Carrot Cake Bites *G	Fruit
Snack	Selection of fruits	Carrot Sticks with Hummus	Selection of Fruits	Breadsticks with Salsa Dip *G	Selection of Fruits
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 *CE	Moroccan Lamb Tagine with Cous-Cous *G *CE (V) Vegetable Chickpea Tagine with Cous Cous *G	Red Pepper, Butter Bean and Tomato Fusilli *G *CE
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	Carrot Sticks with Hummus	Selection of Fruits	Oatcakes with Cream Cheese *DA*G	Selection of Fruits
Lunch	Moroccan Chicken and Vegetable Stew with Bulgur Wheat *G (V) Moroccan Vegetable Chickpea Stew with Bulgur Wheat *G *CE	Leek and Bean Paella with Peas *DA	Salmon, Dill and Pea Linguine *G *F *DA *CE (V) Tofu, dill and pea Linguine *G *SY *DA *CE	Mixed Bean & Vegetable Puff Pastry Pie *G *CE	Persian Mini Lamb Kofte with Vegetable Stew and Cous Cous *G (V) Mini Lentil Kofte 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	Selection of Fruits	Crackers with White Bean Dip *G	Selection of Fruits	Breadsticks with Salsa Dip *G
Tea	Lentil & Cauliflower Bake with Cheesy Potato Topping *DA *CE	Italian Lamb Meatballs with Mashed Potato *CE (V) Lentil Meatballs with Mash Potato *CE	Spinach, Sweet Potato and Lentil Dahl with Cous Cous *G *CE	Sweet and Sour Chicken with Brown Rice (V) Sweet and Sour Tofu with Brown Rice	Punjabi Dal Makhani with Basmati Rice and Steamed Green Beans
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	Breadsticks with Salsa Dip *G	Selection of Fruits	Crackers with White Bean Dip *G	Selection of Fruits	Cucumber Sticks with Herby Yoghurt Dip *DA
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 *CE
Dessert	Fruit	Mango Compote with Plain Yoghurt *DA	Fruit	Zucchini oat cookies	Fruit
Snack	Selection of Fruits	Oatcakes with Cream Cheese *DA	Selection of Fruits	Carrot Sticks with Hummus	Selection of Fruits
Tea	Tuna White Sauce Pasta Bake with Steamed Carrots *G *F *DA (V) Cannellini Bean White Sauce Pasta Bake with Steamed Carrots *G *DA	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 *CE *G (V) Chickpea and Vegetable Soup with Wholemeal Bread *CE *G
Pudding	Cinnamon raisin oatmeal cookies	Fruit	Lemon and Orange Biscuits *G	Fruit	Pineapple Muffins *G *E

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