



Autumn/Winter Menu

2025/26

Week 1



MONDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch

Chickpea & cauliflower curry with brown rice

Pudding

Mandarin & yoghurt fool

Tea - First Course

Toasted corn tortilla wraps with guacamole

Tea - Main Course

Soup of the month

TUESDAY

Breakfast

Overnight oats with fruit and wholegrain toasts

Snack AM

Fruit Platter

Lunch - First Course

Veg sticks & butter bean dip

Lunch

Chicken & mushroom potato topped pie with carrots

Tea

Macaroni cheese & salmon & tomato salad

Pudding

Stewed pears with creme fraiche

WEDNESDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch

Med veg lentil stew with pitta bread

Pudding

Winter rice pudding and orange

Tea - First Course

Cheese & herb scones

Tea - Main Course

Chicken fajitas with salsa & sour cream

THURSDAY

Breakfast

Overnight oats with fruit and wholegrain toasts

Snack AM

Fruit Platter

Lunch - First Course

Oatcakes & tzatziki

Lunch - Main Course

Beef Bolognese sauce with potato wedges & cauliflower & green beans

Tea

Tuna & tomato pasta bake with breadcrumb topping & sweetcorn

Pudding

Blueberry compote with plain yoghurt

FRIDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch

Moroccan style couscous with hake & broccoli

Pudding

Banana & cinnamon

Tea - First Course

Breadsticks & red pepper dip

Tea - Main Course

Smoky herbed baked beans and jacket potato with vegetable sticks



Autumn/Winter Menu

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Week 2



MONDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch First Course

Breadsticks & tzatziki dip

Lunch - Main Course

Vegetable chilli con carne with rice

Tea

Beef burgers in wholemeal bun with tomato & lettuce

Pudding

Fruit scones with fresh fruit

TUESDAY

Breakfast

Overnight oats with fruit and wholegrain toasts

Snack AM

Fruit Platter

Lunch - First Course

Rice cakes & avocado

Lunch - Main Course

Salmon & noodle bowl

Tea

Dip & dunk tea - beetroot & bean hummus, cheese, carrot, cucumber & pitta bread

Pudding

Banana & coconut yoghurt pudding

WEDNESDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch

Beef lasagne & green chopped salad

Pudding

Apple/rhubarb crumble

Tea - First Course

Oatcakes & hummus

Tea - Main Course

Spiced chicken & potatoes, yoghurt dip & broccoli

THURSDAY

Breakfast

Overnight oats with fruit and wholegrain toasts

Snack AM

Fruit Platter

Lunch - First Course

Ricecakes with tuna dip
(Vegetarian snack - egg & cottage cheese dip)

Lunch - Main Course

Chicken & leek potato topped pie with greens

Tea

Italian pasta & bean stew

Pudding

Mixed fruit compote

FRIDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch

Lentil & vegetable curry with rice & butternut squash

Pudding

Build your own fruit & yoghurt bar

Tea - First Course

Oatcakes with salad veg selection

Tea - Main Course

Cod fishcakes with sweetcorn, spinach & bread



Autumn/Winter Menu

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Week 3



MONDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch

Leek & bean risotto with peas

Pudding

Apple & carrot flapjack

Tea - First Course

Rice cakes & butter bean dip

Tea - Main Course

Falafel with wraps, salad & feta

TUESDAY

Breakfast

Overnight oats with fruit and wholegrain toasts

Snack AM

Fruit Platter

Lunch - First Course

Oatcakes & avocado & lime dip

Lunch - Main Course

Creamy salmon pasta with peas

Tea

Beef & tomato meatballs with rice

Pudding

Apple & cream cheese pinwheels

WEDNESDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch

Roast Turkey served with Seasonal Vegetables and Herby Potatoes

Pudding

Winter crumble with yoghurt

Snack PM

Cheese & herb scones with salad veg selection

Tea

Rainbow wraps with hummus

THURSDAY

Breakfast

Overnight oats with fruit and wholegrain toasts

Snack AM

Fruit Platter

Lunch - First Course

Pepper & hummus

Lunch

Cottage pie with cauliflower cheese topping & green beans

Tea

Spanish chicken with rice

Pudding

Mixed fruit compote with creme fraiche

FRIDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fruit Platter

Lunch

Tuna and tomato pasta bake with sweetcorn

Pudding

Whipped ricotta & peaches

Tea - First Course

Coriander hummus & rice cakes

Tea - Main Course

Soup of the month served with baked bread rolls



Autumn/Winter Menu

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Week 4



MONDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fresh Fruit Platter

Lunch - First Course

Oatcakes & cream cheese

Lunch - Main Course

Sweet potato & red lentil curry with rice and pitta

Tea

Salmon with potato wedges, broccoli & lemon/ yoghurt dipping sauce

Pudding

Fruit scones

TUESDAY

Breakfast

Overnight oats with fruit and wholegrain toasts

Snack AM

Fresh Fruit Platter

Lunch

One pot sweet turkey rice with green beans

Pudding

Fruity chia pudding

Tea - First Course

Green garden dip with oatcakes & pepper

Tea - Main Course

Rainbow bowl - bulghur wheat, roasted veg & hummus

WEDNESDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fresh Fruit Platter

Lunch - First Course

Breadsticks & sour cream dip

Lunch

Cod fishcakes with spinach and sweetcorn

Tea

Beef & vegetable stew with herb cobbles

Pudding

Apple & berry crumble with plain yoghurt

THURSDAY

Breakfast

Overnight oats with fruit and wholegrain toasts

Snack AM

Fresh Fruit Platter

Lunch

Greek-style chicken bites with roast potatoes, green beans & yoghurt dip

Pudding

Pancake sheet with pear & blueberries

Tea - First Course

Rice cakes & pepper sticks

Tea - Main Course

Italian bean & cheese pizza with green salad

FRIDAY

Breakfast

Variety of low-sugar breakfast cereals and wholegrain toasts

Snack AM

Fresh Fruit Platter

Lunch - First Course

Carrots & cucumber sticks

Lunch - Main Course

Beef lasagne

Tea

Stuffed peppers with couscous & tomato sauce

Pudding

Fruit & plain yoghurt