



Autumn/Winter Menu

2025/26

Week 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts	Breakfast Overnight oats with fruit and wholegrain toasts	Breakfast Variety of low-sugar breakfast cereals and wholegrain toast	Breakfast Overnight oats with fruit and wholegrain toasts	Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts
Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter
Lunch Chickpea & cauliflower curry with brown rice	Lunch - First Course Veg sticks & butter bean dip	Lunch Med veg lentil stew with pitta bread	Lunch - First Course Oatcakes & tzatziki	Lunch Moroccan style chickpeas with couscous & broccoli
Pudding Mandarin & yoghurt fool	Lunch Mushroom, spinach & bean potato topped pie with carrots	Pudding Winter rice pudding and orange	Lunch - Main Course Lentil Bolognese sauce with potato wedges & cauliflower & green beans	Pudding Banana & cinnamon
Tea - First Course Toasted corn tortilla wraps with guacamole	Tea Red lentil macaroni cheese & tomato salad	Tea - First Course Cheese & herb scones	Tea Italian bean pasta bake with breadcrumb topping & sweetcorn	Tea - First Course Breadsticks & red pepper dip
Tea - Main Course Soup of the month	Pudding Stewed pears with creme fraiche	Tea - Main Course Bean fajitas with salsa & sour cream	Pudding Blueberry compote with plain yoghurt	Tea - Main Course Smoky herbed baked beans and jacket potato with vegetable sticks



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Week 2



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Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts	Breakfast Overnight oats with fruit and wholegrain toasts	Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts	Breakfast Overnight oats with fruit and wholegrain toasts	Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts
Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter
Lunch First Course Breadsticks & tzatziki dip	Lunch - First Course Rice cakes & avocado	Lunch Vegetable and red lentil lasagne & green chopped salad	Lunch - First Course Ricecakes with tuna dip (Vegetarian snack - egg & cottage cheese dip)	Lunch Lentil & vegetable curry with rice & butternut squash
Lunch - Main Course Vegetable chilli con carne with rice	Lunch - Main Course Tofu & noodle bowl	Pudding Apple/rhubarb crumble	Lunch - Main Course Cannellini bean & leek potato topped pie with greens	Pudding Build your own fruit & yoghurt bar
Tea Vegetarian burgers in wholemeal bun with tomato & lettuce	Tea Dip & dunk tea - beetroot & bean hummus, cheese, carrot, cucumber & pitta bread	Tea - First Course Oatcakes & hummus	Tea Italian pasta & bean stew	Tea - First Course Oatcakes with salad veg selection
Pudding Fruit scones with fresh fruit	Pudding Banana & coconut yoghurt pudding	Tea - Main Course Spiced tofu & potatoes, yoghurt dip & broccoli	Pudding Mixed fruit compote	Tea - Main Course Sweet potato & chickpea pattie with sweetcorn, spinach & bread



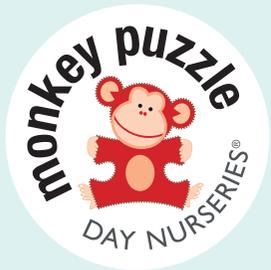
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Week 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts	Breakfast Overnight oats with fruit and wholegrain toasts	Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts	Breakfast Overnight oats with fruit and wholegrain toasts	Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts
Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter	Snack AM Fruit Platter
Lunch Leek & bean risotto with peas	Lunch - First Course Oatcakes & avocado & lime dip	Lunch Seasoned Tofu served with Seasonal Vegetables and Herby Potatoes	Lunch - First Course Pepper & hummus	Lunch White bean, tomato & potato bake with broccoli
Pudding Apple & carrot flapjack	Lunch - Main Course Creamy bean pasta with peas	Pudding Winter crumble with yoghurt	Lunch Lentil and potato pie with cauliflower cheese topping & green beans	Pudding Whipped ricotta & peaches
Tea - First Course Rice cakes & butter bean dip	Tea Lentil & tomato sauce with rice	Snack PM Cheese & herb scones with salad veg selection	Tea Spanish chickpea stew with rice	Tea - First Course Coriander hummus & rice cakes
Tea - Main Course Falafel with wraps, salad & feta	Pudding Apple & cream cheese pinwheels	Tea Rainbow wraps with hummus	Pudding Mixed fruit compote with creme fraiche	Tea - Main Course Soup of the month served with baked bread rolls



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Week 4



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Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts	Breakfast Overnight oats with fruit and wholegrain toasts	Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts	Breakfast Overnight oats with fruit and wholegrain toasts	Breakfast Variety of low-sugar breakfast cereals and wholegrain toasts
Snack AM Fresh Fruit Platter	Snack AM Fresh Fruit Platter	Snack AM Fresh Fruit Platter	Snack AM Fresh Fruit Platter	Snack AM Fresh Fruit Platter
Lunch - First Course Oatcakes & cream cheese	Lunch One pot beans & rice with green beans	Lunch - First Course Breadsticks & sour cream dip	Lunch Chickpea bites with roast potatoes, green beans & yoghurt dip	Lunch - First Course Carrots & cucumber sticks
Lunch - Main Course Sweet potato & red lentil curry with rice and pitta	Pudding Fruity chia pudding	Lunch Sweet Potato & chickpea cakes with spinach and sweetcorn	Pudding Pancake sheet with pear & blueberries	Lunch - Main Course Vegetable & lentil lasagne
Tea Roasted tofu with potato wedges, broccoli & lemon/yoghurt dipping sauce	Tea - First Course Green garden dip with oatcakes & pepper	Tea Vegetarian stew with herb cobbles	Tea - First Course Rice cakes & pepper sticks	Tea Stuffed peppers with couscous & tomato sauce
Pudding Fruit scones	Tea - Main Course Rainbow bowl - bulghur wheat, roasted veg & hummus	Pudding Apple & berry crumble with plain yoghurt	Tea - Main Course Italian bean & cheese pizza with green salad	Pudding Fruit & plain yoghurt