

Week 1 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day				
Lunch option 1	French style white bean and carrot stew	Red lentil, sweet potato and spinach curry	Plant based sausages with red onion gravy	Spaghetti with tomato and basil sauce	Margherita pizza
Lunch option 2	Penne pasta with tomato sauce and grated cheese	Jacket potato with baked beans	Chickpea and beetroot goulash	Spaghetti with creamy pesto sauce	Goats cheese and butternut squash gnocchi
Sides include a salad bar	Sweet potato mash and roasted cauliflower	Basmati rice, samosas, sweetcorn and yoghurt dip	Creamy mash, steamed peas and carrots	Grated cheese, roasted peppers, courgettes and aubergines	Potato wedges and mixed vegetables
Low sugar dessert and daily fresh fruit	Fruit salad and banana yoghurt	Date and raising cookies	Fruit salad with yoghurt	Banana, apricot and cinnamon loaf with custard	Coconut and mango smoothie
Afternoon tea	Pitta pizza bread slices with cucumber and carrot sticks	Selection of sandwiches and crudités, mixed salad	Vegetable soup with homemade bread rolls and butter	Cheese and tomato quesadilla with mixed salad	Pitta bread, houmous and mixed salad