

Week 2 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day				
Lunch option 1	Soya mince lasagne	Butternut squash and red kidney bean tagine and lemon yoghurt	Tofu, bean shoot and cabbage rice stir-fry	Chickpea and vegetable burritos with smashed avocado	Margherita pizza
Lunch option 2	Jacket sweet potato with tomato sauce and feta cheese	Pesto pasta	Jacket potato with baked beans	Red lentil marinara with spaghetti and grated cheese	Potato, pea and mixed pepper frittata
Sides include a salad bar	Green beans and roasted peppers	Fluffy cous cous and roasted cauliflower	Baby corn and stir-fried vegetables	Broccoli florets	Roasted courgettes and aubergines in homemade pesto
Low sugar dessert and daily fresh fruit	Fruit salad with yoghurt	Mildly spiced carrot cake	Blackberry and blueberry yoghurt	Apple crumble with custard	Fruit salad with yoghurt
Afternoon tea	Cheese and onion puff pastry roll with mixed salad	Selection of sandwiches and crudités, mixed salad	Baked cheese and tomato wraps	Beetroot, kale and 50/50 quinoa /bulgur wheat salad with tomato dressing	Pitta bread, houmous, crudités, mixed salad