

Week 3 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day				
Lunch option 1	Ratatouille pasta bake	White bean, sweet potato and tarragon puff pastry topped pie	Soya tikka masala curry	Tempeh chow mein	Margherita pizza
Lunch option 2	Chunky butternut squash wedges with pesto	Pasta with spinach and crème fraiche	Red lentil and carrot pasta marina	Jacket potato with baked beans	Mild bean and vegetable chilli with sour cream
Sides include a salad bar	Steamed peas and carrots	Green beans, pesto and black olives	Basmati rice, samosas, sweetcorn and yoghurt dip	Stir-fried peppers and cabbage	Potato wedges and roasted cabbage
Low sugar dessert and daily fresh fruit	Fruit salad with yoghurt	Plum and cherry clafoutis	Fruit salad with yoghurt	Low sugar cacao and dark chocolate sponge and chocolate sauce (70% cocoa solids)	Coconut and mango smoothie
Afternoon tea	Pitta pizza bread slices with crudités	Selection of sandwiches and crudités, mixed salad	Plant based sausage roll with mixed salad	Pepper, courgette and chickpea stew with bulgur wheat	Pitta bread, houmous and mixed salad