

Week 1 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cucumber sticks	Cheese batons	Softened carrot sticks	Avocado slices	Beetroot slices
Lunch	Creamy French style white bean and carrot stew	Spaghetti with tomato sauce and grated cheese	Creamy red lentil, spinach and sweet potato curry	Mashed potato with homemade baked haricot beans	Mascarpone and tomato pasta
Sides	Sweet potato mash and steamed peas	Broccoli florets and green beans	Basmati rice and sweetcorn	Roasted courgette and grated cheese	Roasted cauliflower and carrots
Low sugar dessert	Pineapple and melon medley with yoghurt	Orange semolina pudding	Coconut and mango smoothie	Banana yoghurt	Pear and apple medley with yoghurt
Crudités of the day	Softened cauliflower	Baby corn	Red pepper sticks	Mange tout	Cucumber sticks
Afternoon tea	Homemade potato and chickpea falafels with hummus and carrot sticks	Sweet potato, parsnip and lentil soup with toasted bread strips	Scrambled eggs, potato wedges, with avocado slices	Toasted bread strips with cream cheese and boiled eggs with green vegetable and bean soup	Butternut squash, beetroot and cous cous salad with cheese batons