

Week 3 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Softened carrot sticks	Avocado slices	Beetroot slices	Red pepper sticks	Baby corn
Lunch	Cheesy ratatouille pasta bake	Creamy aubergine and white bean red lentil dhal	Tempeh chow mein	Spinach, mixed bean and sweet potato puff pastry topped pie	White and sweet potato mash with homemade beans in tomato sauce with grated cheese
Sides	Steamed peas and green beans	Basmati rice and sweetcorn	Stir-fried bean sprouts and cabbage	Broccoli florets	Roasted butternut squash and beetroot
Low sugar dessert	Pear and apple medley with yoghurt	Apricot yoghurt	Plum and berry clafoutis	Rice pudding with a hint of cinnamon	Cantaloupe melon and plum medley with yoghurt
Crudités of the day	Red pepper sticks	Mange tout	Cucumber sticks	Boiled eggs	Avocado slices
Afternoon tea	Courgette and chickpea stew with bulgur wheat	Scrambled eggs, baby corn and sweet potato pieces	Pesto pasta with grated cheese	Carrot and coriander soup with cheese and vegetable sticks	Cheesy omelette strips and vegetable sticks