

Week 1 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	French style white bean and carrot stew	Spaghetti with tomato sauce and grated cheese	Red lentil, spinach and sweet potato curry	Jacket potato with homemade baked haricot beans	Margherita pizza
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, apricot and cinnamon loaf cake	Pear and apple medley with yoghurt
Crudités of the day	Softened cauliflower	Baby corn	Red pepper sticks	Mange tout	Cucumber sticks
Afternoon tea	Pitta pizza bread slice with cucumber and carrot sticks	Sweet potato, parsnip and lentil soup with homemade wholemeal bread rolls and butter	Scrambled eggs, potato wedges, with avocado slices	Selection of sandwiches and crudités	Butternut squash, beetroot and feta cous cous salad