

Week 3 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Cheesy ratatouille pasta bake	Creamy aubergine and white bean red lentil dhal	Tempeh chow mein	Spinach, soya sausage and sweet potato puff pastry topped pie	Jacket white and sweet potatoes with homemade beans in tomato sauce with grated cheese
Sides	Steamed peas and green beans	Basmati rice, sweetcorn and boiled eggs	Stir-fried bean sprouts and cabbage	Broccoli florets	Cantaloupe melon and plum medley with yoghurt
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
Crudités of the day	Red pepper sticks	Mange tout	Cucumber sticks	Boiled eggs	Avocado slices
Afternoon tea	Courgette and chickpea stew with bulgur wheat	Margherita pizza slice with cucumber sticks	Selection of sandwiches and crudités	Carrot and coriander soup with homemade wholemeal bread rolls and butter	Pepper and cheese quesadillas