

Week 2 - Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Butternut squash and red kidney bean tagine with yoghurt	Soya mince lasagne	Tofu, bean sprout and cabbage rice stir-fry	Margherita pizza	Red lentil marinara with spaghetti and grated cheese
Sides	Fluffy cous cous and roasted broccoli	Green beans and roasted peppers	Baby corn and stir-fried vegetables	Roasted courgettes and aubergines in homemade pesto	Roasted carrots and cabbage
Low sugar dessert	Cantaloupe melon and plum medley with yoghurt	Mildly spiced carrot cake	Blackberry and blueberry yoghurt	Satsuma and honeydew melon medley with yoghurt	Apple crumble and homemade custard
Crudités of the day	Boiled eggs	Avocado slices	Beetroot slices	Softened cauliflower	Baby corn
Afternoon tea	Cauliflower and leek cheese bake with grated carrots	Bean and pepper ratatouille with cous cous	Carrot and sweet potato soup with homemade wholemeal bread rolls and butter	Potato, pea and mixed pepper frittata	Selection of sandwiches and crudités