

Week 1 - Autumn 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Cucumber sticks	Cheese batons	Steamed carrot sticks	Avocado slices	Beetroot slices
Lunch	Sweet potato, tomato, white bean and carrot stew	Spaghetti with tomato sauce and grated cheese	Red lentil, spinach and cauliflower curry	Mashed potato with homemade baked beans	Tomato and mascarpone pasta
Sides	Bulgur wheat	Green beans	Basmati rice and sweetcorn	Roasted courgette and grated cheese	Roasted cauliflower and carrots
Low sugar dessert	Baked apple with cinnamon and yoghurt	Orange and semolina pudding	Strawberry and mango smoothie	Creamy banana yoghurt	Pear and apple with yoghurt
Crudités of the day	Softened cauliflower	Baby corn	Red pepper strips	Mange tout	Cucumber sticks
Afternoon tea	Macaroni and cauliflower cheese Fruit and yoghurt	Sweet potato, parsnip and lentil soup with carrot sticks Fruit and yoghurt	Scrambled eggs, cheese batons and avocado slices Fruit and yoghurt	Cauliflower and lentil dahl Fruit and yoghurt	Broccoli and cheese risotto Fruit and yoghurt