

Week 2 - Autumn 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Red pepper sticks	Baby corn	Steamed broccoli	Cucumber sticks	Cheese batons
Lunch	Butternut squash and kidney bean tagine	Soya mince lasagne	Tofu, vegetable and noodle stir-fry	Mild bean chilli	Red lentil marinara spaghetti
Sides	Cous cous, roasted broccoli and yoghurt	Green beans	Baby corn	Rice and broccoli	Grated cheese and peas
Low sugar dessert	Stewed plum and apple with cream	Creamy banana yoghurt	Poached pear and cream	Mango and banana smoothie	Apple crumble with homemade custard
Crudités of the day	Beetroot slices	Avocado slices	Boiled eggs	Softened cauliflower	Baby corn
Afternoon tea	Spinach, leek and cheese risotto Fruit and yoghurt	Bean and pepper ratatouille with bulgur wheat Fruit and yoghurt	Sweet potato, parsnip and cannellini bean soup with cheese batons Fruit and yoghurt	Cheesy omelette and cucumber sticks Fruit and yoghurt	Swede, squash and leek soup served with steamed carrot sticks Fruit and yoghurt