

Week 3 - Autumn 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Steamed carrot sticks	Avocado slices	Beetroot slices	Red pepper sticks	Baby corn
Lunch	Cheesy ratatouille pasta bake	White bean and red lentil dahl	Tofu and vegetable rice noodles	Homemade basil and super greens pesto pasta	Sweet potato mash with homemade haricot beans in tomato sauce
Sides	Steamed peas	Basmati rice and sweetcorn	Stir-fried cabbage	Broccoli florets	Grated cheese and green beans
Low sugar dessert	Pear and apple with yoghurt	Apricot yoghurt	Apple and berry crumble with cream	Cinnamon rice pudding	Banana and plum with yoghurt
Crudités of the day	Red pepper sticks	Mange tout	Cucumber batons	Boiled eggs	Avocado slices
Afternoon tea	Mild mixed bean chilli with cous cous Fruit and yoghurt	Scrambled egg with courgette strips Fruit and yoghurt	Broccoli and cheese risotto Fruit and yoghurt	Creamy carrot soup with cucumber sticks Fruit and yoghurt	Cheesy omelette strips and vegetable sticks Fruit and yoghurt