

Week 1 - Autumn 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sweet potato, tomato, white bean and carrot stew	Spaghetti with tomato sauce and grated cheese	Red lentil, spinach and sweet potato curry	Jacket potato with homemade baked beans	Pizza Margherita
Sides	Bulgur wheat	Green beans	Basmati rice and sweetcorn	Roasted courgette and grated cheese	Roasted cauliflower and carrots
Low sugar dessert	Pineapple and melon medley with yogurt	Orange and semolina pudding	Mango and strawberry smoothie	Banana and cinnamon loaf cake	Pear and apple with yoghurt
Crudités of the day	Softened cauliflower	Baby corn	Red pepper strips	Mange tout	Cucumber sticks
Afternoon tea	Assorted wraps (cream cheese or houmous) with cucumber Fruit	Sweet potato, parsnip and lentil soup with homemade wholemeal bread rolls Fruit	Scrambled eggs, avocado slices and toast batons Fruit	Selection of sandwiches (cheese or egg mayonnaise) with mixed crudités Fruit	Broccoli and cheese risotto Fruit