

Week 2 - Autumn 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Butternut squash and kidney bean tagine	Soya mince lasagne	Noodle stir-fry with tofu, bean sprout and cabbage	Pizza Margherita	Red lentil marinara spaghetti
Sides	Cous cous, roasted broccoli and yoghurt	Green beans	Baby corn	Steamed broccoli	Grated cheese and roasted cabbage
Low sugar dessert	Cantaloupe melon and plum	Mildly spiced carrot cake	Poached pear and cream	Satsuma and honeydew melon with yoghurt	Apple crumble with homemade custard
Crudités of the day	Beetroot slices	Avocado slices	Boiled eggs	Softened cauliflower	Baby corn
Afternoon tea	Selection of sandwiches (cheese or egg mayonnaise) with mixed crudités Fruit	Bean and pepper ratatouille with bulgur wheat Fruit	Homemade basil pesto pasta Fruit	Cheesy omelette and cucumber sticks Fruit	Swede, squash and leek soup served with homemade wholemeal bread rolls Fruit