

Week 3 - Autumn 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Cheesy ratatouille pasta bake	Mild vegetable curry	Tofu chow mein	Homemade basil and super greens pesto pasta	Jacket potatoes and sweet potatoes with homemade haricot beans
Sides	Steamed peas	Basmati rice and sweetcorn	Stir-fried cabbage and bean sprouts	Broccoli florets	Grated cheese and roasted beetroot
Low sugar dessert	Pear and apple with yoghurt	Apricot yoghurt	Apple and berry crumble with cream	Cinnamon rice pudding	Cantaloupe melon and plum with yoghurt
Crudités of the day	Red pepper sticks	Mange tout	Cucumber batons	Boiled eggs	Avocado slices
Afternoon tea	Assorted wraps (cream cheese or houmous) with cucumber Fruit	Scrambled egg with toasted bread fingers Fruit	Selection of sandwiches (cheese or egg mayonnaise) with mixed crudités Fruit	Creamy carrot soup with homemade wholemeal bread rolls Fruit	Pepper and cheese quesadillas Fruit