

Week 3 - Autumn 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Soup of the day				
Lunch option 1	Ratatouille pasta bake	Burrito with guacamole and salsa	Plant based 'chicken' tikka masala curry	Pizza Margherita	Vegetarian sausage with onion gravy
Lunch option 2	Chunky butternut squash wedges with pesto	Pasta with creamy spinach, pesto and cheese sauce	Jacket potato with baked beans	Red lentil and carrot marinara with penne pasta and grated cheese	Portuguese style black bean chilli
Sides include a salad bar	Sweetcorn and mixed peppers with garlic bread	Mildly spiced cous cous with chickpeas, braised cabbage and corn chips	Basmati rice, vegetable pakora, raita, mango chutney and peas	Potato wedges and roasted vegetable medley	Creamy mashed potato and green beans
Low sugar dessert and daily fresh fruit	Fruit salad with yoghurt	Low sugar cacao and dark chocolate cake and chocolate sauce (70% cocoa solids)	Fruit salad with yoghurt	Poached pear wedges with custard and toasted coconut flakes	Pancakes with apple and cinnamon compote and Greek yoghurt
Afternoon tea	Pepper, courgette and chickpea stew with bulgur wheat	Selection of sandwiches, filled rolls and crudités with mixed salad	Pitta bread pizza slice with cucumber and carrot sticks	Taco selection with Mexican style toppings	Pitta bread hummus and mixed salad