





Week beginning:  
Monday 1<sup>st</sup> September 2025  
Monday 22<sup>nd</sup> September 2025  
Monday 6<sup>th</sup> October 2025

# LUNCH

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITE’S, SMOOTHIES & SALADS	Tomato & Basil soup with homemade focaccia	Roasted butternut, rocket & feta salad	Cucumber, carrots & sweetcorn	Honey & mustard broccoli salad	Roasted kale, sunflower seeds & parmesan salad
MAIN MEAL	Baked gnocchi with a roasted tomato, red lentil & pesto sauce  Or  Jacket potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Chilean beef stew	 Spaghetti with pork meatballs marinated in a rich Italian tomato & basil sauce with added plant proteins	Lemon & Thyme marinated roasted Chicken thigh	Birdseye omega 3 pollock fishfingers Or BBQ chicken drumsticks
MAIN MEAL		Chilean bean & lentil stew	Moving Mountain vegan meatballs in a rich Italian tomato & basil sauce	Breaded Cauliflower nuggets or Vegetable Wellington	Moving Mountains fishless fingers
ON THE SIDE	Garlic bread Steamed garden peas & roasted butternut	Steamed brown rice Tomato & coriander salad Corn on the cob	Spaghetti Steamed green beans, cauliflower & Broccoli	Crispy Roast Potatoes Yorkshire pudding Braised Kale, Carrots & sweetcorn	Chunky chips  Mushy peas or homemade Louisiana baked beans
JACKET/PASTA	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese or tuna & sweetcorn	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese
DESSERT	Reduced sugar Rice Krispies & date Treat	Selection of fresh fruit	 Boost it lemon drizzle cake	Apple & citrus cake	Selection of ice-creams
Everyday	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				

Week beginning:  
Monday 8<sup>th</sup> September 2025  
Monday 29<sup>th</sup> September 2025  
Monday 13<sup>th</sup> October 2025



# LUNCH

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITE'S, SMOOTHIES & SALADS	Tomato & basil soup with homemade focaccia	Roasted butternut & green bean salad	Sweetcorn, cherry tomatoes & broccoli	Soy & ginger noodles, cherry tomatoes, cumber & carrots	Tandoori roasted cauliflower & chickpea salad
MAIN MEAL	 Vegetable protein enriched macaroni & cheese topped with a mature British cheddar crust or Jacket potato with a choice of tuna & sweetcorn or baked beans	Lemon & garlic grilled chicken	Ginger & soy marinated beef & stir-fried vegetables	Breaded chicken goujons with Katsu curry sauce	Birdseye omega 3 pollock fishfingers  Or Homemade battered cod
MAIN MEAL		Panko coated grilled halloumi & roasted vegetables	Fry's vegan strip & vegetable stir-fry	Sweet potato, lentil & chickpea curry	Moving mountains fishless fingers
ON THE SIDE	Steamed green beans & baked butternut squash	Roasted new potatoes  Carrots, broccoli & sweetcorn	Egg noodles  Stir-fried pak choi, carrots & beansprouts	Mango chutney Basmati rice Naan Tandoori roasted cauliflower & broccoli	Chunky chips  Mushy peas or baked beans
JACKET/PASTA	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with a choice of tuna & sweetcorn, baked beans & mature British cheddar cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Jacket potato with baked beans & cheese
DESSERT	Yoghurt & smoothie Bar	 Boost-it carrot cake	Beetroot brownie	Chocolate chip cookie	Selection of ice-cream
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				



Week beginning:  
Monday 15<sup>th</sup> September 2025  
Monday 29th September 2025

# LUNCH

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRUDITE'S, SMOOTHIES & SALADS	Smoothie Bar  Tomato & basil soup with homemade focaccia	Pesto & sunflower seed pasta salad Cowboy Caviar	Cucumber, carrots, cherry tomatoes & red pepper hummus	Honey & mustard broccoli salad Cucumber & carrots	Wasteknot Celeriac, Apple & cabbage slaw
MAIN MEAL	Cheesy margarita pizza with a lentil & chickpea tomato base  Eat Curious plant based protein & vegetable Keema Pie	Chipotle marinated chicken thigh	Pasta Day  Classic Italian spaghetti with beef & vegetable bolognaise	Traditional British pork  or chicken sausages	MSC certified pollock fishfingers
MAIN MEAL		Avocado & tomato arepas (stuffed soft breads with cheese)	Spiced Eat Curious plant based protein Spaghetti Bolognaise	Quorn Best of British sausages	Moving Mountains vegan fishless fingers
ON THE SIDE	Roasted carrots and steamed British peas	Brown rice Steamed broccoli & cauliflower Cucumber & lime salad Avocado salsa	Spaghetti Braised kale & carrots	Creamy mashed potato Sticky baked carrots & garden peas Rich gravy	Chunky chips  Mushy peas or baked beans
JACKET/PASTA	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & Cheddar cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & mozzarella cheese	Pasta with a choice of rich tomato, lentil, vegetable & basil sauce & cheddar cheese	Jacket potato with baked beans & cheese
DESSERT	Boost-it flapjack	Selection of fresh fruit & yoghurts	Black bean & chickpea chocolate  brownie	 Boost-it banana bread	Selection of ice creams
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS, LOW SUGAR JELLY & YOGHURT				