

Autumn Winter Menu 2025

Week One	Lunch	Lunch Ingredients	Dessert	Dessert Ingredients	Tea	Tea Ingredients
Monday	Caribbean rice and peas with coleslaw	Long grain rice, kidney beans, coconut milk (milk) , spring onions, carrots, cabbage, apples, mayonnaise (egg)	Watermelon Slices	Watermelon	Macaroni and cauliflower cheese bake served with baked beans	Macaroni (wheat) , cauliflower, cheddar cheese (milk) , baked beans, cornflour, milk (milk)
Tuesday	Minced lamb with tagliatelle and mixed salad	Lamb, tomatoes, tomato puree, lamb stock (celery) , onions, courgette, tagliatelle (wheat) , carrots, lettuce, sweetcorn	Natural yogurt with fresh fruits	Yogurt (milk) , fruits	Chicken wraps with served with coleslaw	Wraps (wheat) , chicken, peppers, onions, fajita seasoning (mustard) , mozzarella (milk) , carrots, cabbage, apples, mayonnaise (egg)
Wednesday	Roast chicken, cubed potatoes and green beans	Chicken, potatoes, green beans,	Stewed apples	Apples	Bread roll pizzas with vegetables	Bread rolls (soya, wheat) , tomato puree, mozzarella (milk) , peppers, sweetcorn
Thursday	Turkey casserole with new potatoes	Turkey, courgettes, carrots, potatoes, onions, leek, tomato puree, chicken stock cubes (celery)	Vanilla fromage frais	Double cream (milk) , natural yogurt (milk) , vanilla essence, icing sugar	Jacket Potatoes with tuna and sweetcorn or cheese with salad Apple slices	Potatoes, tuna (fish) , sweetcorn, mayonnaise (egg) , mozzarella (milk) , lettuce, cucumber, carrots, apples
Friday	Jacket potatoes with tuna and sweetcorn, beans or cheese with mixed salad	Potatoes, tuna (fish) , sweetcorn, mayonnaise (egg) , baked beans mozzarella (milk) , lettuce, cucumber, carrots	Carrot and apricot slice	Carrots, margarine, honey, apricots, oats	Homemade baked beans on wholemeal toast Pineapple	Haricot beans, tomatoes, onions, wholemeal bread (wheat, soya) pineapples

All vegetarian dishes will match the set menu as closely as possible, meat and fish will be replaced with soya mince **(soya, barley)**, soya pieces **(soya, wheat)**, or vegetables.

All chicken served is Halal.

Breakfast - A selection of cereals, Weetabix **(Wheat, Barley)**, Rice Snaps **(Barley)**, Multigrain hoops **(Wheat, Oats, Barley)**, Cornflakes **(Barley)** served with wholemeal toast **(Wheat, Soya)**

Snacks – A selection of fruits and vegetables

Autumn Winter Menu 2025

Week Two	Lunch	Lunch Ingredients	Dessert	Dessert Ingredients	Tea	Tea Ingredients
Monday	Tuna Mornay with mixed salad	Tuna (fish), margarine, cornflour, milk (milk), fusilli pasta (wheat), onion, sweetcorn, cheddar cheese (milk), lettuce, cucumber	Natural yogurt with fresh fruits	Yogurt (milk), fruits	Pepper and spinach frittata with garlic bread Bananas	Eggs , cottage cheese (milk), parmesan cheese (milk), peppers, spinach, ciabatta (wheat), garlic, margarine, tomatoes
Tuesday	Spanish chicken with long grain rice	Chicken, peppers, courgettes, onions, tomato puree, tomatoes, long grain rice, chicken stock cubes (celery)	Fruit platter	Blueberries, apples, melon, strawberries	Potato wedges served with homemade baked beans and cheese	Potatoes, mozzarella (milk), haricot beans, tomatoes, onions
Wednesday	Shepherd's pie with vegetables	Minced beef, onions, carrots, tomato puree, beef stock (celery), potatoes, milk (milk) margarine	Banana bread	Margarine, eggs , sugar, bananas, flour (wheat), baking powder	Wholemeal sandwiches with tuna mayonnaise or cream cheese Apples	Wholemeal bread (wheat, soya), tuna (fish), mayonnaise (eggs), cream cheese (milk), apples
Thursday	Turkey Bolognese with spaghetti	Minced turkey, carrots, celery, onions, tomato puree, tomatoes, spaghetti (wheat)	Raspberry fromage frais	Raspberries, double cream (milk), natural yogurt (milk), icing sugar	Chicken enchiladas Pineapples	Chicken, peppers, tomatoes, onions, wraps (wheat), refried beans, mozzarella cheese (milk), pineapples
Friday	Sweet potato and black bean chilli served with brown rice	Sweet potatoes, onions, black beans, chilli, tomatoes, brown rice	Fruit Jelly	Vegan jelly crystals, fruits	Spaghetti hoops on wholemeal toast Apples	Spaghetti hoops (wheat), wholemeal bread (wheat, soya) apples

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Snacks – A selection of fruits and vegetables

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Monday	Chickpea and spinach curry with naan bread	Chickpeas, spinach, garlic, ginger, tomato puree, tomatoes, onions, Naan bread (wheat)	A selection of melon	Galia melon, Honeydew melon	Vegetable pasta bake Peaches	Penne pasta (wheat) , sweetcorn, mozzarella (milk) , tomatoes, tomato puree, onions, peaches
Tuesday	Lamb keema with basmati rice	Minced lamb, onions, garlic, ginger, tomatoes, natural yogurt, peas, basmati rice	Raspberry brownies	Chocolate, margarine, eggs , sugar, flour (wheat) , raspberries	Chicken fajitas with tomato salsa	Wraps (wheat) , chicken, peppers, onions, fajita seasoning (mustard) , mozzarella (milk) , tomatoes, onions, cucumber
Wednesday	Baked white fish, carrots, broccoli served with bulgar wheat	White fish (fish) , carrots, onions, tomatoes, tomato puree, broccoli, bulgar wheat	Fruit platter	Strawberries, blueberries and melon	Jacket Potatoes with baked beans, cheese and salad	Potatoes, baked beans, mozzarella cheese (milk) , lettuce, cucumber, carrots
Thursday	Thai turkey stir fry with noodles	Turkey, rice noodles, peppers, onions, beansprouts, carrots, tomatoes	Greek yogurt with fresh fruits	Greek yogurt (milk) , fruits	Wholemeal sandwiches with tuna mayonnaise or cheese served with vegetable sticks	Wholemeal bread (wheat, soya) , tuna (fish) , mayonnaise (eggs) , cheddar cheese (milk) , carrots, cucumbers
Friday	Vegetable lasagne	Lasagne pasta (wheat) , cornflour, milk (milk) , peppers, aubergine, onions, carrots, tomatoes, tomato puree, mozzarella cheese (milk)	Bananas and custard	Bananas, custard powder, milk (milk)	Bagels with cream cheese served with vegetable sticks	Bagels (wheat, barley) , cream cheese (milk) , cucumbers, carrots

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Snacks – A selection of fruits and vegetables

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Week Four	Lunch	Lunch Ingredients	Dessert	Dessert Ingredients	Tea	Tea Ingredients
Monday	Tuna and sweetcorn pasta bake	Tuna (fish),, sweetcorn, penne pasta (wheat), tomato puree, tomatoes, onions, mozzarella (milk)	Fruit platter	Strawberries, blueberries, apples	Spinach roulade with cous cous	Spinach, eggs , flour (wheat), fromage frais (milk), cream cheese (milk), cous cous (wheat)
Tuesday	Mexican chicken and rainbow peppers with coriander rice	Chicken, garlic, paprika, red, yellow, green peppers, onions, rice, chicken stock (celery), tomato puree, coriander	Peaches and cream	Peaches, cream (milk)	Wholemeal sandwiches with tuna mayonnaise or cheese Apples	Wholemeal bread (wheat, soya), tuna (fish), mayonnaise (eggs), cream cheese (milk), apples
Wednesday	Lamb kofta served with new potatoes and roasted vegetables	Minced lamb, cumin, garlic, mint, potatoes, aubergine, courgettes, peppers	Fruit flapjack	Margarine, syrup, dried cranberries, raisins, oats, brown sugar	Cheese, baked bean and potato bake Satsumas	Cheddar cheese (milk), baked beans, potatoes, milk (milk), satsumas
Thursday	Butter chicken served with baked naan	Chicken breast, garlic, tomato puree, crème fraiche, rocket, chicken stock (celery), naan bread (wheat)	Stewed apples and custard	Apples, custard powder, milk (milk)	Quesadillas with tomato salsa and cucumbers	Wraps (wheat), mozzarella cheese (milk), tomatoes, onions, cucumbers
Friday	Cheese, leek and penne pasta bake served with mixed salad	Cheddar cheese (milk), leeks, penne pasta (wheat), cream (milk), carrots, lettuce, sweetcorn, cucumbers, spring onions	Star Anise Rice Pudding	Pudding rice, milk (milk), cinnamon, star anise, vanilla, caster sugar, margarine, nutmeg	Warm cheesy crumpets served with vegetable sticks Bananas	Crumpets (wheat), Cheddar cheese (milk), carrots, cucumbers, bananas

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Snacks – A selection of fruits and vegetables