

AUTUMN TERM MENU

2025

What's for Lunch?

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Roast chicken drumsticks	Make your own Taco / Fajita Tuesday Roast vegetables Chilli (V)	Meatballs in tomato sauce	Jerk chicken & gravy	Breaded fish <i>FISH, GLUTEN (WHEAT)</i>
MAIN (V)	Vegetable toad in the hole <i>EGGS, GLUTEN (WHEAT)</i>	As above	Lentil bolognaise	Jerk halloumi <i>MILK</i>	Vegetable fritters <i>EGGS, GLUTEN (WHEAT)</i>
SIDES	Roast Potatoes, Gravy Focaccia bread <i>GLUTEN (WHEAT)</i>	Cheese <i>MILK</i> Salsa Homemade hot sauce Taco or Tortilla <i>GLUTEN (WHEAT)</i>	Spaghetti <i>GLUTEN (WHEAT)</i> Garlic bread <i>GLUTEN (WHEAT)</i>	Rice & Peas Flatbread <i>GLUTEN (WHEAT)</i>	Skin on chips Homemade Tartare sauce <i>EGGS</i> Homemade ketchup
VEGETABLES	Honey roast carrots	Roast squash and Sweet potatoes	Peas and sweetcorn	Green beans	Minty peas
SALAD BAR	Available daily - includes a variety of freshly prepared salad, pickles, coleslaw, potato salad & olives				
FRUIT	Fresh Fruit Platter available daily				
DESSERT	Yoghurt & Honey - Available Daily <i>MILK</i> Chocolate Brownie <i>EGGS, GLUTEN (WHEAT), MILK</i> Carrot cake with icing <i>EGGS, GLUTEN (WHEAT), MILK</i>				

What's for Tea? (Preschool & Playcentre Only)

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Tomato and Vegetable pasta bake <i>GLUTEN (WHEAT), MILK</i> Or Tomato and basil penne pasta <i>GLUTEN (WHEAT)</i>	Chicken and potato tagine Or Squash and potato tagine	Chickpea and vegetable coconut curry	Spiced meatballs Or Spiced sweet potato and tomato stew	Vegetarian chilli
SIDE	As above	Cous Cous <i>GLUTEN (WHEAT),</i>	Rice	Steamed new potatoes	Rice Cheese <i>MILK</i>

Wherever possible, all food is homemade on site from local, British ingredients.

Allergen free options will be provided for children where needed.

What's for Lunch?

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<u>WEEK TWO</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Sweet and sour chicken	Chicken Sausage	Tomato sauce	<i>Suya chicken</i>	Breaded fish
MAIN (V)	Sweet and sour tofu <i>SOY</i>	Vegetarian sausages	Cauliflower macaroni cheese <i>MILK , GLUTEN (WHEAT)</i>	<i>Suya cauliflower</i>	<i>Vegetable fritters</i>
SIDES	Noodles <i>GLUTEN (WHEAT)</i> Pickled cucumbers Homemade bread <i>GLUTEN (WHEAT)</i>	Mashed potatoes Onion gravy Homemade bloomer <i>GLUTEN (WHEAT)</i>	Spaghetti Garlic Bread <i>GLUTEN (WHEAT)</i>	Jollof rice Flatbread <i>GLUTEN (WHEAT)</i>	<i>Skin on chips</i> <i>Homemade Tartare sauce</i> <i>EGGS</i> <i>Homemade ketchup</i>
VEGETABLES	<i>Broccoli</i>	Roast carrots	Peas and sweetcorn	Sweetcorn	Minty peas
SALAD BAR	<i>Available daily - includes a variety of freshly prepared salad, pickles, coleslaw, potato salad & olives</i>				
FRUIT	<i>Fresh Fruit Platter available daily</i>				
DESSERT	Fruit & Jelly <i>Pineapple Upside Down cake</i> <i>EGGS, GLUTEN (WHEAT), Milk</i> <i>Yoghurt & Honey - Available Daily</i> <i>Milk</i>				

What's for Tea? (Preschool & Playcentre Only)

<u>WEEK TWO</u>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cauliflower Macaroni Cheese <i>GLUTEN (WHEAT), MILK</i> Or Butternut squash penne pasta <i>GLUTEN (WHEAT)</i>	Ratatouille with chickpeas	Coconut Chicken Curry Or Tofu vegetable curry <i>SOY</i>	Chicken sausage casserole Or Chickpea and sweet potato casserole	Vegetarian bolognese
SIDE	as above	Cous Cous Yoghurt dip <i>MILK</i>	Rice	Roast new potatoes	Penne Pasta <i>GLUTEN (WHEAT)</i>

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