

SPRING TERM MENU

2026

What's for Lunch?

| WEEK ONE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|--|---|--|--|--|
| MAIN | Roast chicken drumsticks | <i>Chilli Con Carne</i> <i>Taco / Fajita Tuesday</i> | <i>Tomato and Red Pepper Sauce</i> | Jerk chicken & gravy | Breaded fish <i>FISH, GLUTEN (WHEAT)</i> |
| MAIN (V) | Vegetable toad in the hole <i>EGGS, GLUTEN (WHEAT)</i> | <i>Vegetarian Chilli</i> | <i>Vegetarian bolognaise</i> | Jerk halloumi <i>MILK</i> | <i>Butternut squash fritters</i> <i>EGGS, GLUTEN (WHEAT)</i> |
| SIDES | Roast Potatoes, Gravy <i>GLUTEN (WHEAT)</i> Focaccia bread <i>GLUTEN (WHEAT)</i> Gravy <i>GLUTEN (WHEAT)</i> | Cheese <i>MILK</i> Salsa Homemade hot sauce Taco or Tortilla <i>GLUTEN (WHEAT)</i> | <i>Spaghetti or penne</i> <i>GLUTEN (WHEAT)</i> Cheese <i>MILK</i> <i>Garlic bread</i> <i>GLUTEN (WHEAT)</i> | Rice & Peas Flatbread <i>GLUTEN (WHEAT)</i> | <i>Skin on chips</i> <i>Homemade Tartare sauce</i> <i>EGGS</i> <i>Homemade ketchup</i> |
| 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 | <i>Fruit pastries – Monday GLUTEN</i> <i>Jelly with fruit - Tuesday</i> <i>Yoghurt & Honey or fruit puree- Available Daily MILK</i> <i>Chocolate Brownie - Wednesday EGGS, GLUTEN (WHEAT), MILK</i> <i>Carrot cake with icing 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.

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2026

Allergen free options will be provided for children where needed.

What's for Lunch?

| <u>WEEK TWO</u> | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---|--|--|---|--|
| MAIN | Chicken Sausage | Lentil and vegetable chilli | Chicken Burger | Chicken Curry | Margarita Pizza <small>MILK, GLUTEN (WHEAT)</small> |
| MAIN (V) | Vegetarian Sausages | <i>Butternut Squash Chilli</i> | <i>Falafel burger</i> <small>GLUTEN (WHEAT)</small> | <i>Sweetcorn fritters</i> <small>DAIRY EGG</small> | As above made with vegan cheese |
| SIDES | Mashed potatoes Onion gravy <small>GLUTEN (WHEAT)</small> Homemade bread <small>GLUTEN (WHEAT)</small> | Cheese <small>MILK</small> Salsa Homemade hot sauce Taco or Tortilla <small>GLUTEN (WHEAT)</small> | Roasted broccoli | Pilaf or plain rice Flatbread <small>GLUTEN (WHEAT)</small> | <i>Corn on the Cob.</i> |
| VEGETABLES | Broccoli | Roast carrots | Peas and sweetcorn | Roasted Cauliflower | 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 | Flapjack- Monday Fruit pastries – Tuesday <small>GLUTEN</small> Fruit & Jelly – Wednesday. <i>Pineapple Upside Down cake</i> - Thursday <small>EGGS, GLUTEN (WHEAT), MILK</small> Chocolate Brownie - Wednesday <small>EGGS, GLUTEN (WHEAT), MILK</small> Yoghurt & Honey or fruit puree - Available Daily <small>Milk</small> | | | | |

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

| <u>WEEK TWO</u> | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|--|------------------------|--|--|
| MAIN | Cauliflower Macaroni Cheese <small>GLUTEN (WHEAT), MILK</small> Or Butternut squash penne pasta <small>GLUTEN (WHEAT)</small> | Ratatouille with chickpeas | Bean and squash chilli | Chicken sausage casserole Or Chickpea and sweet potato casserole | Vegetarian bolognaise |
| SIDE | as above | Cous Cous Yoghurt dip <small>MILK</small> | Rice | Roast new potatoes | Penne Pasta <small>GLUTEN (WHEAT)</small> |

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