

Autumn/Winter 2025/26 Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00-7:45 Provides 20% Of Daily Nutrition	Selection of whole-grain cereals such as porridge, fortified wholewheat biscuit cereals or shredded wheat. Provided & served with milk or a sugar-free alternative & a selection of fresh fruits. Or Toast with a selection of spreads & a choice of fresh fruits.				
Snack 9:30- 10:00 Provides 10% Of Daily Nutrition	Apples & Cucumber Sticks with Oat Cakes & Honey or Jam (2)	Blueberries & Oranges with Ricecakes & Chocolate Avocado Spread or Butter	Oranges with Fruity Energy Balls	Plums & Cherry Tomatoes with Breadsticks & Marmalade or Butter (2)	Clementines & Grapes with Flapjack Bites (2)
	Milk/Water 100-150ml				
Lunch 11:30- 12:00 Lunch provides 30% Of Daily Nutrition	Creamy Salmon, Crispy Potatoes with Peas & Carrots	Roast Chicken Baby Potatoes, Broccoli, Parsnips & Self Pouring Gravy (Or Tofu)	Beef Bolognese Wholemeal Pasta, Carrots and Peppers Topped with Grated Cheese 2,7 (Or Quorn Mince) (2,7)	Cod & Spinach Korma Basmati Rice & Poppadoms (Or Quorn Pieces)	Sausage & Mash with Broccoli, Cauliflower & Self-pouring Gravy
	Plum Crumble (2)	Cranberry Oat Cookies (2)	Mini Carrot Cakes (2,4)	Winter Fruit Salad (Apples, Pears, Satsumas & Plums)	Baked Apples/Pears with Cinnamon
Snack 14:30 -14:45 Provide 20% Of Daily Nutrition	Cucumber & Pear Sticks, Toast & Butter (2,12)	Sweetcorn & Sliced Tomatoes, Warm Homemade Pumpkin Seed Bread (2)	Rainbow Mixed Peppers & Mandarin, Cream Crackers (2)	Cucumber Sticks & Sweetcorn, Homemade Corn Bread (2)	Carrot Fries & Banana, Butterpuff Crackers & Butter Or Lemon Curd (2)
	Milk/Water 100-150ml				
Tea 15:45-16:15 Provides 20% Of Daily Nutrition	Mexican Bean Quesadilla (2,7)	Meatball Subs with Carrot Fries	Cheese, Tomato & Basil Quiche with Corn on the Cob (2,4,7)	Lentil Bolognese With Cavatappi (Spiral) Pasta Topped with Cheese (2,7)	Sandwich Selection -Sliced Ham & Tomato Sandwiches & Cheese & Cucumber Sandwiches (2,7,12)
(40g)	Strawberries	Pears	Mixed Grape Pot	Apple Slices	Pears
Fresh drinking water will be available & accessible at all times. We will provide an alternative option to ensure we are inclusive of all religious & dietary requirements. All food is made fresh on-site daily by our cook & meat is locally sourced.					
Allergens: Celery (1), Cereals Containing Gluten (2), Crustaceans (3), Eggs(4), Fish (5), Lupin (6), Milk (7), Molluscs (8), Mustard (9), Peanuts (10), Sesame (11), Soybeans (12), Sulphur Dioxide & Sulphites (13), Tree Nuts (14)					

Autumn/Winter 2025/26 Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00-7:45 Provides 20% Of Daily Nutrition	Selection of whole-grain cereals such as porridge, fortified wholewheat biscuit cereals or shredded wheat. Provided & served with milk or a sugar-free alternative & a selection of fresh fruits. Or Toast with a selection of spreads & a choice of fresh fruits.				
Snack 9:30- 10:00 Provides 10% Of Daily Nutrition	Tangerines & Cucumber with Crumpets (2)	Apples & Carrot Batons with Toasted Pittas with Honey or Raspberry Jam	Oranges & Grapes with Oaty Gingerbread	Bananas, Carrots & Scones with Butter & Jam	Oranges with Pumpkin Cornbread
	Milk/Water 100-150ml				
Lunch 11:30- 12:00 Lunch provides 30% Of Daily Nutrition	Red Lentil Dhal	Lamb & Vegetable Stew with Wholemeal Bread	Beef, Mushroom & Spinach Lasagne With Garlic Bread 2 (Or Quorn Mince) (2)	White Fish Fillet with Mash Potato & Peas and Carrots 2,5 (Or Veg & Bean Cake)	Chicken Skewers Served with Yoghurt Dip & Flatbreads & Cous Cous Salad
	Chocolate Banana Wraps	Chocolate Orange Overnight Oats	Plum Cake (2,4)	Apple Crumble (2)	Black Cherry Shortbread (2)
Snack 14:30 -14:45 Provide 20% Of Daily Nutrition	Banana & Pepper Sticks with Butter Puff Crackers & Butter or Marmalade (2)	Pear & Cucumber with Seeded Crispbreads & Grape Jam or Butter	Homemade Coleslaw & Pears with Cream Crackers	Cucumber & Apples with Breadsticks	Sweet Corn & Mini Tomatoes with Marmite Swirls (1,2)
	Milk/Water 100-150ml				
Tea 15:45-16:15 Provides 20% Of Daily Nutrition	Homemade BBQ Pizza Pockets (BBQ Quorn Pieces) (2,7)	Avocado Pesto Pasta (nut free) (7)	Jacket Potato, 3 Bean Chilli or Curried Chickpeas	Baked Beans on Toast with Cheese	Cheese & Cucumber Sandwiches Or Tuna, Sweetcorn Mayo (4,5,7,9)
(40g)	Plums	Oranges	Bananas	Pear Slices	Apple Slices
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Autumn/Winter 2025/26 Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7:00-7:45 Provides 20% Of Daily Nutrition	Selection of whole-grain cereals such as porridge, fortified wholewheat biscuit cereals or shredded wheat. Provided & served with milk or a sugar-free alternative & a selection of fresh fruits. Or Toast with a selection of spreads & a choice of fresh fruits.				
Snack 9:30- 10:00 Provides 10% Of Daily Nutrition	Apple & Carrots with Rice Cakes, Chocolate Avocado Spread Or Jam (2)	Oranges & Broccoli with Cream Crackers & Butter or Marmalade (2)	Plums & Orange/Yellow Pepper with Homemade Potato Bread (2)	Pears & Carrots with Warm Crumpets & Butter (2)	Blackberries with Ginger & Apricot Oat Cookies (2,13)
	Milk/Water 100-150ml				
Lunch 11:30- 12:00 Lunch provides 30% Of Daily Nutrition	Winter Roasted Root Vegetable Fusilli Pasta (Parsnip & Sweet Potato & Lentils) (2)	Lentil Curry With Basmati Rice	Beef Cottage Pie with Brussels & Baby Carrots	Chicken Paprikash With Boiled Parsley Potatoes & Broccoli (Or Chickpeas)	Lemon & Herb Cod Chunks with Mashed Potato, Carrots & Broccoli (2,5)
	Zebra Marble Cake (2,4)	Warm Custard with Bananas (4,7)	Winter Mixed Berry Crumble (2)	Chocolate Apple Pudding (4)	Banana & Carrot Loaf (2,4,13)
Snack 14:00 -14:30 Provide 20% Of Daily Nutrition	Plum & Cucumbers with Warm Pitta Breads (2)	Cherry Tomatoes & Grapes with Sourdough Sticks (2)	Sweetcorn & Apple Cream Crackers (2)	Grapes & Red Peppers with Toast & Honey or Butter (2,12)	Satsumas & Cucumber with Beetroot Veg Cakes
	Milk/Water 100-150ml				
Tea 16:00-16:30 Provides 20% Of Daily Nutrition	Ham & Cheese Toasties with Sweetcorn Salad (2,7,12)	Chicken & Apple Cornflake Nuggets with Roasted New Potatoes & Corn On The Cob (2) (Or Quorn)	Tomato & Tuna Pasta (2,5)	Homemade Tortilla Nachos with Ground Beef, Guacamole, Salsa, Sour Cream	"Sushi" Sandwiches, Cheese & Ham with Beetroot Salad (2,7)
(40g)	Pears	Apples	Tangerines	Bananas	Oranges
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