



Autumn 2025



WEEK 1	LUNCH MEAT	DESSERT
MONDAY	<u>Chicken Katsu Curry w Rice</u> Flour: (WHEAT)(GLUTEN), carrots, turmeric, onion, garlic, soya sauce: (SOYA), chicken, rice, honey	<u>Mango Yogurt</u> mango, yogurt: milk (MILK) contains: DAIRY
TUESDAY	<u>Spaghetti Bolognese</u> Beef, pasta:(WHEAT)(GLUTEN), carrots, tomatoes, peas, onion, garlic, basil, vegetable stock, mushrooms, thyme	<u>Banana Smoothie</u> banana, milk: (MILK), Yogurt: (MILK) contains: DAIRY
WEDNESDAY	<u>Meatloaf w Gravy</u> lentil, bread: (WHEAT)(GLUTEN) gravy, carrot, cauliflower, onion, garlic, thyme, vegetable stock, swede	<u>Homemade Strawberry Popsticle</u> Strawberries
THURSDAY	<u>Beefy Macaroni Pie</u> Beef, pasta: (WHEAT)(GLUTEN), flour: (WHEAT)(GLUTEN), margarine, cheese: (MILK), spinach, contains: DAIRY	<u>Fresh Apple</u>
FRIDAY	<u>Potato Wedges w Fish Fingers n Peas</u> Potato, (FISH), breadcrumbs: (WHEAT)(GLUTEN), peas	<u>Lemon Cake</u> Lemon zest, vanilla, sugar, milk: (MILK) , eggs (EGG), flour: (GLUTEN)(WHEAT), water, baking soda, contains: DAIRY

WEEK 2	LUNCH MEAT	DESSERT
MONDAY	<u>Chicken Massaman Curry n Cous Cous</u> Cous Cous: (WHEAT)(GLUTEN), Beef, onion, gravy, turmeric, paprika, cinnamon, vegetable stock, coconut milk, garlic, thyme, sweet potato, carrot	<u>Blueberry Yogurt</u> blueberry, yogurt: milk (MILK), contains: DAIRY
TUESDAY	<u>Mushroom & Spinach Frittata w Cucumber</u> Cucumber, (EGG), potato, mushrooms, spinach, cheese: (MILK), onion, contains: DAIRY	<u>Crackers and Cheese</u> Flour:(WHEAT) (GLUTEN), Cheese: (MILK) contains: DAIRY
WEDNESDAY	<u>Chicken Mayo Jacket Potato</u> Chicken, mayonnaise: (EGG), potato, sweetcorn, chives, spring onion	<u>Jelly</u> Vegan gelatine: sugar, water
THURSDAY	<u>Moroccan Beef Noodles</u> Beef, rice noodles, onion, garlic, turmeric, cinnamon, green beans, carrot, olive oil	<u>Banana</u>
FRIDAY	<u>Creamy Spring Garden Pasta Bake</u> Pasta:(WHEAT)(GLUTEN), milk: (MILK), Cheese: (MILK), flour: (WHEAT)(GLUTEN), cabbage, courgette, spinach, edamame beans: (SOYA) , contains: DAIRY	<u>Pineapple Pancake Sheet</u> Pineapple, sugar, milk: (MILK) , eggs (EGG), flour:(WHEAT) (GLUTEN),water, baking soda, (SOYA) contains: DAIRY






WEEK 3	LUNCH MEAT	DESSERT
MONDAY	<u>Fish Finger Pie w Mixed Veg</u> (FISH), breadcrumbs:(WHEAT)(GLUTEN), haricot beans, tomato, potato, cheese: (MILK), sweetcorn, peas, carrot, broccoli, contains: DAIRY	<u>Pear Yogurt</u> Pear, yogurt: milk (MILK), contains: DAIRY
TUESDAY	<u>Thai Chicken Rice Noodles</u> Rice noodles, onion, green beans, carrot, garlic, ginger, light soya sauce: (SOYA), mushroom	<u>Pineapple & Coconut Smoothie</u> Pineapple, coconut milk, water
WEDNESDAY	<u>Sweet n Sour Chicken w Rice</u> Rice, chicken, onions, sweet peppers, sweet potato, soya sauce: (SOYA), tomatoes, cornflour, vinegar, brown sugar, vegetable stock	<u>Jelly</u> Vegan Gelatine: sugar, water
THURSDAY	<u>Mini Potato Waffles w Chilli Con Carni</u> kidney beans, onion, garlic, vegetable stock, tomato, sweet peppers, potato	<u>Apricot, Peaches & Watermelon</u>
FRIDAY	<u>Chicken, Spinach & Cherry Tomato Pasta Bake</u> Chicken, pasta: (WHEAT)(GLUTEN), cherry tomato, spinach, cheese: (MILK),tomato, onion, garlic, thyme, vegetable stock, contains: DAIRY	<u>Orange Cake</u> orange, sugar, milk: (MILK) , (EGG), flour:(WHEAT) (GLUTEN), water, baking soda contains: DAIRY














WEEK 4	LUNCH MEAT	DESSERT
MONDAY	<u>Beef & Bean Stew w Pitta Bread</u> beef, butternut squash, carrot, onion, tomato,haricot beans,courgette, Pitta bread: (WHEAT)(GLUTEN)	<u>Strawberry Yogurt</u> Milk:(MILK), strawberries, contains: DAIRY
TUESDAY	<u>Chicken Frittata w Baked Beans</u> Chicken, (EGG), haricot beans, tomato, cheese: (MILK), sweet potato, green beans, contains: DAIRY	<u>Apple & Orange Smoothie</u> Apple, orange, water
WEDNESDAY	<u>Wild Salmon n Cabbage Pie w Peas</u> Leeks, salmon: (FISH), onion, cabbage, pastry:(WHEAT)(GLUTEN), flour:(GLUTEN)(WHEAT),milk(MILK), carrots, margarine, cauliflower, Contains: DAIRY	<u>Pear Jelly</u> Vegan Gelatine, pear, sugar
THURSDAY	<u>Roast Turkey w New Potatoes n Carrots</u> Turkey, potato, carrots, gravy, onions, vegetable, stock, thyme	<u>Satsuma</u>
FRIDAY	<u>Bangers n Cauliflower Mash w Gravy</u> Chicken & beef sausage, cauliflower, potato, broccoli, gravy, vegetable stock, onion	<u>Peach and Vanilla Cake</u> Peach, vanilla, sugar, milk: (MILK) , eggs: (EGG), flour:(GLUTEN) (WHEAT),water, baking soda, Contains: DAIRY OR <u>Fresh Fruit Salad</u> Watermelon, Apple, strawberry














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WEEK 1 AND 2 HOT TEA MEAT	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE/ SULPHITES
Chicken Katsu Curry w Rice Flour: (WHEAT) (GLUTEN), carrots, turmeric, onion, garlic, soya sauce: (SOYA), chicken, rice		Y											Y	
Spaghetti Bolognaise Beef, pasta: (WHEAT)(GLUTEN), carrots, tomatoes, peas, onion, garlic, basil, vegetable stock, mushrooms, thyme		Y												
Meatloaf w Gravy lentil, bread: (WHEAT)(GLUTEN) gravy, carrot, cauliflower, onion, garlic, thyme, vegetable stock, swede		Y												
Beefy Macaroni Pie Beef, pasta: (WHEAT)(GLUTEN), flour: (WHEAT)(GLUTEN), margarine, cheese: (MILK), spinach, contains: DAIRY		Y					Y							
Potato Wedges w Fish fingers n Peas Potato, (FISH), breadcrumbs: (WHEAT)(GLUTEN), peas		Y			Y									
Chicken Massaman Curry n Cous Cous Cous Cous: (WHEAT)(GLUTEN), Beef, onion, gravy, turmeric, paprika, cinnamon, vegetable stock, coconut milk, garlic, thyme, sweet potato, carrot		Y												
Mushroom & Spinach Frittata w Cucumber Cucumber, (EGG), potato, mushrooms, spinach, cheese: (MILK), onion, contains: DAIRY				Y			Y							
Chicken Mayo Jacket Potato Chicken, mayonnaise: (EGG), potato, sweetcorn, chives, spring onion				Y										
Moroccan Beef Noodles Beef, rice noodles, onion, garlic, turmeric, cinnamon, green beans, carrot, olive oil														
Creamy Spring Garden Pasta Bake Pasta: (WHEAT)(GLUTEN), milk: (MILK), Cheese: (MILK), flour: (WHEAT)(GLUTEN), cabbage, courgette, spinach, edamame beans: (SOYA), contains: DAIRY		Y					Y						Y	

														
TEA DESSERTS WEEK 1 & 2	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE/SULPHITES
Mango Yogurt mango, yogurt: milk (MILK) contains: DAIRY							Y							
Banana Smoothie banana, milk: (MILK), Yogurt: (MILK) contains: DAIRY							Y							
Homemade Strawberry Popsticle Strawberry														
Fresh Apple														
Lemon Cake Lemon zest, vanilla, sugar, milk: (MILK) , eggs (EGG), flour: (GLUTEN)(WHEAT),water, baking soda, contains: DAIRY		Y		Y			Y							
Blueberry Yogurt blueberry, yogurt: milk (MILK), contains: DAIRY							Y							
Crackers and Cheese Flour:(WHEAT) (GLUTEN), Cheese: (MILK) contains: DAIRY		Y					Y							
Jelly Water, Vegan gelatine: sugar														
Banana														
Pineapple Pancake Sheet Pineapple, sugar, milk: (MILK) , eggs: (EGG), flour:(WHEAT) (GLUTEN),water, baking soda, (SOYA) contains: DAIRY		Y		Y			Y						Y	

														
TEA DESSERTS WEEK 3 & 4	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE/SULPHITES
Pear Yogurt Pear, yogurt: milk (MILK), contains: DAIRY							Y							
Pineapple & Coconut Smoothie Pineapple, coconut milk, water														
Jelly Vegan Gelatine: sugar, water														
Apricot, Peaches & Watermelon														
Orange Cake orange, sugar, milk: (MILK) , (EGG), flour:(WHEAT) (GLUTEN), water, baking soda contains: DAIRY		Y		Y			Y							
Strawberry Yogurt Milk:(MILK), strawberries, contains: DAIRY							Y							
Apple & Orange Smoothie Apple, orange, water														
Pear Jelly Vegan Gelatine, pear, sugar														
Satsuma														
Peach and Vanilla Cake Peach, vanilla, sugar, milk: (MILK) , eggs: (EGG), flour:(GLUTEN) (WHEAT),water, baking soda, Contains: DAIRY		Y		Y			Y							