

## Autumn and Winter Menu - October 2025 - April 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>W E E K  1</b>	Cereals and milk with banana <b>G M</b>	Cereals and milk with banana <b>G M</b>	Cereals and milk with banana <b>G M</b>	Cereals and milk with banana <b>G M</b>	Cereals and milk with banana <b>G M</b>
	<u>Lunch</u> Tuna pasta bake with country mix vegetables Veggie pasta bake <b>G M E F</b>	<u>Lunch</u> Chilli-con-carne with rice and mixed vegetables Veggie mince con-carne <b>G</b>	<u>Lunch</u> Roast chicken, boiled potatoes, Yorkshire pudding, broccoli and gravy Quorn <b>E M G SY</b>	<u>Lunch</u> Vegetable lasagne with garlic bread & homemade coleslaw <b>G E M</b>	<u>Lunch</u> Fish fingers with mashed potatoes and beans Quorn <b>F G</b>
	Fruit & yoghurt <b>M</b>	Fruit & yoghurt <b>M</b>	Fruit & yoghurt <b>M</b>	Fruit & yoghurt <b>M</b>	Fruit & yoghurt <b>M</b>
	<u>Tea</u> Assorted savoury brown and white bread sandwiches. Seasonal fruit bowl <b>G M</b>	<u>Tea</u> Pitta bread with cheese spread and hummus Seasonal fruit bowl <b>G M SE</b>	<u>Tea</u> Assorted savoury brown and white bread sandwiches Seasonal fruit bowl <b>G M</b>	<u>Tea</u> Tomato soup with bread & butter Seasonal fruit bowl <b>G M</b>	<u>Tea</u> Savoury muffin squares Seasonal fruit bowl <b>E M</b>
<b>W E E K  2</b>	Cereals and milk with banana <b>G M</b>	Cereals and milk with banana <b>G M</b>	Cereals and milk with banana <b>G M</b>	Cereals and milk with banana <b>G M</b>	Cereals and milk with banana <b>G M</b>
	Beef lasagne with mixed vegetables Veggie lasagne <b>M E G</b>	Jacket potatoes with cheese, beans and coleslaw <b>G M</b>	Chicken curry with fluffy rice and mixed vegetables Quorn curry <b>G</b>	Tomato, butternut squash and basil pasta bake, garlic bread, sweetcorn and peas <b>G M E</b>	Cod and salmon fish pie with new potatoes, peas & broccoli Vegetable pie <b>F G</b>
	Fruit & yoghurt <b>M</b>	Fruit & yoghurt <b>M</b>	Fruit & yoghurt <b>M</b>	Fruit & yoghurt <b>M</b>	Fruit & yoghurt <b>M</b>
	Assorted savoury brown and white bread sandwiches  Seasonal fruit bowl <b>G M</b>	Homemade carrot and coriander soup with bread and butter.  Seasonal fruit bowl <b>G M</b>	Pitta bread fingers with yoghurt & cucumber dip, hummus, carrot & cucumber batons Seasonal fruit bowl <b>G M SE</b>	Cracker breads with cheese and apple slices.  Seasonal fruit bowl <b>G M</b>	Assorted brown and white bread sandwiches  Seasonal fruit bowl <b>G M</b>



Treenuts



Sulphur Dioxide



Sesame



Peanut



Molluscs



Mustard



Lupin



Milk



Fish



Gluten



Egg



Crustaceans



Celery



Soybean