



Sample Menu

Week 1

2025/26



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>	Breakfast Bagels with choice of toppings <i>Contains: gluten and sesame</i> <i>May contain: sulphites</i>	Breakfast Carrot cake & date overnight oats <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>	Breakfast Variety of low-sugar breakfast cereals <i>May contain: gluten</i>	Breakfast Porridge with apple & raisins <i>Contains: gluten and milk</i> <i>May contain: sulphites</i>
Snack AM Green garden dip with red peppers & rice cakes <i>Contains: milk</i>	Snack AM Fruit	Snack AM Fruit	Snack AM Tzatziki dip with oatcakes <i>Contains: gluten and milk</i>	Snack AM Red pepper dip with breadsticks <i>Contains: gluten and milk</i>
Lunch Mild chickpea & cauliflower curry <i>May contain: celery, soy and sulphites</i>	Lunch Chicken, mushroom & spinach potato pie <i>Contains: gluten and milk</i> <i>May contain: celery and sulphites</i>	Lunch - First Course Butter bean dip with veg sticks	Lunch Beef bolognese with potato wedges <i>Contains: cheese and celery</i> <i>May contain: sulphites</i>	Lunch Moroccan style hake with couscous & broccoli <i>Contains: fish and gluten</i> <i>May contain: sulphites</i>
	Lunch - Vegetarian Mushroom, spinach & bean potato pie <i>Contains: gluten and milk</i> <i>May contain: celery and sulphites</i>	Lunch - Main Course Mediterranean veg. lentil stew <i>Contains: celery and gluten</i> <i>May contain: sulphites, sesame, soya and milk</i>	Lunch - Vegetarian Vegetarian bolognese with potato wedges <i>Contains: cheese and celery</i> <i>May contain: sulphites</i>	Lunch - Vegetarian Moroccan style chickpeas with couscous & broccoli <i>Contains: gluten</i> <i>May contain: sulphites</i>
Pudding Mandarin & yoghurt fool <i>Contains: milk</i> <i>May contain: sulphites</i>	Pudding Stewed pears with yoghurt <i>Contains: milk</i> <i>May contain: sulphites</i>	Snack PM Cheese & herb scones <i>Contains: egg, gluten and milk</i>	Pudding Fruit	Pudding Blueberry compote with yoghurt <i>Contains: milk</i> <i>May contain: sulphites</i>
Snack PM Fruit	Snack PM Sweet potato dip with oatcakes <i>Contains: gluten and milk</i>	Tea Chicken fajitas with tomato salsa & sour cream <i>Contains: milk and gluten</i> <i>May contain: sulphites, sesame and soya</i>	Snack PM Plain hummus & cucumber <i>Contains: sesame</i>	
Tea - First Course Toasted tortilla triangles with guacamole <i>May contain: gluten</i>	Tea Macaroni cheese with salmon & tomato salad <i>Contains: fish, gluten and milk</i>	Tea - Vegetarian Black bean fajitas with tomato salsa & sour cream <i>Contains: milk and gluten</i> <i>May contain: sulphites, sesame and soya</i>	Tea Tuna & tomato pasta bake with sweetcorn <i>Contains: fish, gluten and milk</i>	Snack PM Fruit
Tea - Main Course Soup of the month <i>Check allergens of each soup</i>	Tea - Vegetarian Red lentil macaroni cheese with tomato salad <i>Contains: milk</i>	Pudding Winter rice pudding with orange <i>Contains: milk</i> <i>May contain: sulphites</i>	Tea - Vegetarian Bean & tomato pasta bake with sweetcorn <i>Contains: gluten and milk</i>	Tea Smoky herby baked beans with jacket potato <i>May contain: celery and sulphites</i>
	Pudding Fruit		Pudding Fruit	Pudding Banana with cinnamon