Sample Menu

Week 1

2025/26

MONDAY

Breakfast
Variety of low-sugar breakfast cereals
May contain: gluten

Snack AM
Green garden dip with red peppers & rice cakes
Contains: milk

Lunch
Mild chickpea & cauliflower curry
May contain: celery, soy and sulphites

Pudding
Mandarin & yoghurt fool
Contains: milk
May contain: sulphites

Snack PM
Fruit

Tea - First Course
Toasted tortilla triangles with guacamole
May contain: gluten

Tea - Main Course
Soup of the month
Check allergens of each soup

TUESDAY

Breakfast
Bagels with choice of toppings
Contains: gluten and sesame
May contain: sulphites

Snack AM
Fruit

Lunch
Chicken, mushroom & spinach potato pie
Contains: gluten and milk
May contain: celery and sulphites

Lunch - Vegetarian
Mushroom, spinach & bean potato pie
Contains: gluten and milk
May contain: celery and sulphites

Pudding
Stewed pears with yoghurt
Contains: milk
May contain: sulphites

Snack PM
Sweet potato dip with oatcakes
Contains: gluten and milk

Tea
Macaroni cheese with salmon & tomato salad
Contains: fish, gluten and milk

Tea - Vegetarian
Red lentil macaroni cheese with tomato salad
Contains: milk

Pudding
Fruit

WEDNESDAY

Breakfast
Carrot cake & date overnight oats
Contains: gluten and milk
May contain: sulphites

Snack AM
Fruit

Lunch - First Course
Butter bean dip with veg sticks

Lunch - Main Course
Mediterranean veg. lentil stew
Contains: celery and gluten
May contain: sulphites, sesame, soya and milk

Snack PM
Cheese & herb scones
Contains: egg, gluten and milk

Tea
Chicken fajitas with tomato salsa & sour cream
Contains: milk and gluten
May contain: sulphites, sesame and soya

Tea - Vegetarian
Black bean fajitas with tomato salsa & sour cream
Contains: milk and gluten
May contain: sulphites, sesame and soya

Pudding
Winter rice pudding with orange
Contains: milk
May contain: sulphites

THURSDAY

Breakfast
Variety of low-sugar breakfast cereals
May contain: gluten

Snack AM
Tzatziki dip with oatcakes
Contains: gluten and milk

Lunch
Beef bolognese with potato wedges
Contains: cheese and celery May contain: sulphites

Lunch - Vegetarian
Vegetarian bolognese with potato wedges
Contains: cheese and celery May contain: sulphites

Pudding
Fruit

Snack PM
Plain hummus & cucumber
Contains: sesame

Tea
Tuna & tomato pasta bake with sweetcorn
Contains: fish, gluten and milk

Tea - Vegetarian
Bean & tomato pasta bake with sweetcorn
Contains: gluten and milk

Pudding
Fruit

FRIDAY

Breakfast
Porridge with apple & raisins
Contains: gluten and milk
May contain: sulphites

Snack AM
Red pepper dip with breadsticks
Contains: gluten and milk

Lunch
Moroccan style hake with couscous & broccoli
Contains: fish and gluten May contain: sulphites

Lunch - Vegetarian
Moroccan style chickpeas with couscous & broccoli
Contains: gluten
May contain: sulphites

Pudding
Blueberry compote with yoghurt
Contains: milk
May contain: sulphites

Snack PM
Fruit

Tea
Smoky herby baked beans with jacket potato
May contain: celery and sulphites

Pudding
Banana with cinnamon