

Autumn Term FIVE DAY MENUS

The background is a dark teal with a subtle, wavy pattern. In the corners, there are images of fresh vegetables: a head of green cabbage in the top left, two orange carrots with green tops in the top right, a red beet with green leaves in the middle left, and two orange pumpkins in the bottom left. In the bottom right, there are red stalks of Swiss chard with green leaves.

BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUCK ITEMS	Fresh whole fruit	Cookies	Chocolate fudge cake	Fresh whole fruit	Cookie
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water



BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUCK ITEMS	Fresh whole fruit	Cookies	Mixed seed flapjack	Fresh whole fruit	Cookie
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

The background is a dark green with a subtle, wavy pattern. It is decorated with various fresh vegetables: a head of green cabbage in the top left, two bright orange carrots with green tops in the top right, a red beet with its leaves in the middle left, and several orange pumpkins in the bottom left. In the bottom right, there are green leafy vegetables with prominent red stems.

BREAK TIME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUCK ITEMS	Fresh whole fruit	Cookies	Sugared doughnuts	Fresh whole fruit	Cookie
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Minted pea	Spiced potato	Tomato and basil	Noodle soup	Broccoli and stilton
CLASSIC	Paneer. Chickpea and spinach curry	Chicken burger with Sriracha mayo	Lamb harissa and bean shepherds pie	Beef bourguignonne with button onions and mushrooms	Pollock fillet Cod fish fingers Chilli and ginger fishcake
NOURISH	Paneer. Chickpea and spinach curry	Halloumi burger with pineapple salsa	Vegan soy mince and bean shepherds pie	Creamy mushroom casserole with button onions	Bubble and squeak cake with a poached egg
SIDES	Bombay potatoes Spiced green beans	French fries Corn on the cob	Roasted cauliflower Roasted peppers	Mashed potatoes Steamed broccoli Roasted carrots	Chipped potatoes Garden peas
JACKET/PASTA BAR	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce
DESSERT	Fruit jelly	Blueberry and lemon cake	Fruit jelly	Carrot cake	Chocolate brownie
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Carrot and coriander	Leek and potato	Butternut squash and chilli	Cream of mushroom	Lentil and chickpea
CLASSIC	Cheddar and tomato baked panini	Pork and chicken meatballs with creamy tomato butterbeans	Traditional beef lasagne with rosemary focaccia	Za'atar and lemon chicken with olives	Pollock fillet Cod fish fingers
NOURISH	Cheddar and tomato baked panini	Chickpea and herb vegan balls with tomato sauce	Roasted vegetable lasagne with rosemary focaccia	Vegetable kebabs with minted yoghurt	Stuffed sweet potatoes with black beans and guacamole
SIDES	Seasoned wedges Steamed leeks Sweetcorn	Spaghetti pasta Garlic ciabatta Green beans	Roasted balsamic tomatoes Broccoli florets	Feta and pomegranate cous cous Cardamom carrots	Chipped potatoes Garden peas Mushy peas
JACKET/PASTA BAR	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce
DESSERT	Pear crumble with custard	Fruit jelly	Rainbow sprinkle cake	Fruit jelly	Sticky toffee pudding with toffee sauce
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Sweet potato and chive	Mediterranean vegetable	Butternut squash and chilli	Sweetcorn and potatoes	Parsnip
CLASSIC	Tomato and three cheese pasta bake	Korean pork, green bean and coconut curry with gochujang slaw	Chicken and leek pie topped with puff pastry	Roast gammon with Yorkshire pudding and gravy	Pollock fillet Cod fish finger
NOURISH	Tomato and three cheese pasta bake	Japchae Korean stir fried noodles with gochujang slaw	Leek and mushroom pie topped with puff pastry	Sweet potato and beetroot falafel with pitta and yoghurt dip	Quorn sausages with Yorkshire pudding and gravy
SIDES	Garlic and herb bread Green beans Roasted vegetables	Tortilla wrap Spiced squash Lime and chilli fries	Mashed potatoes Garden peas Sweetcorn	Rosemary roasts Buttered cabbage Honey parsnips	Chipped potatoes Garden peas Mushy peas
JACKET/PASTA BAR	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce	Jacket potatoes, baked beans, penne pasta, tomato sauce
DESSERT	Fruit jelly	Chocolate orange sponge	Fruit jelly	Coconut and raisin flapjack	Lemon mousse
EVERY DAY	SELECTION OF FRESHLY CUT & WHOLE FRUITS				
HYDRATION	Lemon water	Mint and cucumber water	Apple water	Berry water	Citrus water

SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber
COMPOSITES	Butternut squash, rocket and feta, sweetcorn and pepper salad	Classic coleslaw, beetroot and toasted seeds	Mediterranean cous cous with pomegranate, Watermelon and mint	Crunchy Caesar salad, , Pesto pasta with sun blush tomatoes	Chickpea and roasted vegetable salad, Cherry tomato and rocket
PROTEINS	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar
SELECTION OF DRESSINGS & TOPPINGS					

SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber
COMPOSITES	Grated carrot mixed seeds and raisins, Mixed herb potato salad	Traditional Greek salad, Asian style stir fried noodles	Tomato and mozzarella salad with basil, Balsamic and fig salad	Asparagus bean and spinach salad, Potato and chive salad	Butterbean and roasted pepper, Beetroot and feta
PROTEINS	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar
SELECTION OF DRESSINGS & TOPPINGS					

SALAD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD ITEMS	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber	Salad leaves, tomatoes, cucumber
COMPOSITES	Chilli and garlic potato salad, pea and mint	Roasted butternut squash with lentils	Harissa tabbouleh, Tomato olive and feta	Sweet chilli coleslaw, Lime avocado and coriander noodles	Broccoli with chilli dressing, Sweet potato and chickpea
PROTEINS	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar	Boiled egg, tuna mayonnaise, grated cheddar
SELECTION OF DRESSINGS & TOPPINGS					