



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