



Autumn Lunch Menu Week Commencing 8th September 2025

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Tomato Soup	Potato and Leek Soup	Lentil Soup	White Bean Soup
Main 1	Spaghetti all Neralo G,D	Creamy Herby Chicken D	Spicy Crispy Noodles	Cottage Pie D	Catch of the Day F, G
Main 2 (Veggie and Vegan)	Harissa Pappardelle G,D	Creamy Herby Roasted Vegetables D	Vegetable Stir Fry Ho Fan Noodles So	Veggie Cottage Pie G	Brocoli Tempura G
Accompaniment	Zucchini and spinach pasta G,D	Cous Cous or Rice G	Crispy Seaweed	Yorkshire Pudding G	Patatas Bravas or Potato Wedges
Vegetable Additions	Roasted Broccoli	Garlicky Green Beans	Steamed Mung beans	Caramelised Carrots	Crispy Salad
Additions	Focaccia puttanesca G	Spicy Sauce	Chilli Sauce	Onion Gravy	Homemade Ketchup, Herby Aioli E
Dessert	Fruit and Yogurt with Honey D	Chocolate Brownie E Fruit	Fruit Yogurt with Honey D	Cinnamon Donuts G Fruit	Fruit

Allergens: D = Dairy E = Egg F = Fish G = Gluten Su = Sulphate P = Pork K = Kiwi T = Tomato S = Sesame So + Soy



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pumpkin Soup	Soup	Carrot and Ginger Soup	Vegetable Soup	Tomato Soup
Main 1	Sweet Potato Lasagne G, D	Swedish Meat Balls	Falafel with Spicy Tahini S	Mango Chicken	Fish Croquettes F, G, E
Main 2 (Veggie and Vegan)	Cauliflower, Shallot & Spinach Gnocchi G, D, E	Vegetable Bon Bon G, E	Red Pepper Falafel S	Carrot, Cheese and Mango Chutney Pinwheels G	Veggie Nuggets G
Accompaniment	Brown Bread G	Mash Potato D	Cous Cous or Rice G	Rice	Lemon Potatoes
Vegetable Additions	Crispy Kale	Peas	Garlicky Green Beans	Cucumber Sald	Peas and Mint
Additions	Greens and white Bean Pasta G, D	Mushroom Gravy	Hummus	Spicy Sauce	Spicy Aioli E
Dessert	Apple Crumble G, D Fruit	Fruit	Cardamom and Orange Cake G,E Fruit	Fruit	Yogurt and Honey D Fruit

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