

2026 Autumn Lunch Menu



Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Before	Carrot sweet potato lentil soup FSA -1.2	Pollock is the national fish dish of Korea	Watermelon Wedges FSA -	Apricots are a member of the rose family	Cheesy bread FSA – 2.7
	Main	Minted Lamb and pearl barley stew with roasted root vegetables served with seasonal vegetables and potatoes.	Poached fish korma served with braised rice. Served with broccoli, green beans, baby corn and peas.	Mild beef gumbo with peppers, served with penne pasta. Homemade corn bread Served with carrots and sweetcorn.	Pork and apricot meatloaf with homemade gravy, served with roast potatoes. Served with carrots, broccoli, sweetcorn and Savoy cabbage.	Chicken hot pot with roasted root vegetable Served With crinkle-cut carrots cauliflower, broccoli and fancy peas.
	After	Lentils are one of the oldest cultivated crops—over 9,000 years old	Banoffee cookie FSA 2.4.7.14	Watermelons are 92% water, come in over 1,200 varieties, and the heaviest ever grown reached 350.5 pounds.	Fruity cinnamon scones FSA 2.4.7	Why did the chicken cross the playground? To get to the other side
FSA Allergens		1.2	1.5	1.2	1.2.14	1.
Green	Before	Carrot sweet potato lentil Soups -1.2	Pollock is the national fish dish of Korea	Watermelon Wedges FSA -	Apricots are a member of the rose family	Cheesy bread FSA – 2.7
	Main	Roasted root vegetable, lentil and pearl barley casserole served with seasonal vegetables and potatoes.	Cauliflower and courgette balls in a korma, served with braised rice. Served with broccoli, green beans, baby corn and fancy peas.	Butternut squash and black beans in a mild gumbo pepper sauce, served with penne pasta. Homemade corn bread Served with carrots and sweetcorn.	Apricot, spinach, carrot and lentil loaf with homemade gravy, served with roast potatoes. Served with carrots, broccoli, sweetcorn and Savoy cabbage.	Quorn hot pot with roasted root vegetables. Served with crinkle-cut carrots, cauliflower, broccoli and fancy peas.
	After	Lentils are one of the oldest cultivated crops—over 9,000 years old	Banoffee cookie. FSA 2.4.7.14	Watermelons are 92% water, come in over 1,200 varieties, and the heaviest ever grown reached 350.5 pounds.	Fruity cinnamon scones FSA 2.4.7	. Why did the chicken cross the playground? To get to the other side
FSA Allergens		1.2	1.2.	1.2	1.2.14	1.4

Foods Highlighted Indicate – Red = Protein Foods, Yellow = Starchy Foods, Green = Fruits and Vegetables, Blue = Dairy Foods, Purple = Afters

Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(Ngci), 3 - Crustaceans, 4 - Eggs, 5 - Fish, 6 - Lupin, 7 - Milk, 8 - Molluscs, 9 - Mustard, 10 - Nuts, 11 - Peanuts, 12 - Sesame Seeds, 13 - Soya, 14 - Sulphur Dioxide (Allergens Are Correct At Time Of Publishing Updates Will Be Published throughout the cycle)

Dietary Requirements Are Catered for Wherever Possible. Menu Is Subject to Change Depending on The Availability of Ingredients; Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available.

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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Before	Why did the jelly blush? Because it saw the salad dressing	Twisted Cheese Straws FSA 2.7	Sun-dried tomatoes lose around 90% their weight during dehydration	Cucumber And pineapple Salad FAS -	On average there are 465 beans in a standard tin
	Main	Beef chilli con carne with roasted peppers and black turtle beans, served with brown basmati rice. Served with carrots, broccoli and sweetcorn.	Turkey and cranberry meatballs in homemade gravy. Served with roast potatoes. Served with seasonal vegetables.	Chicken in sundried tomato sauce with basil and roasted garlic. Served with couscous. Served with fancy peas and crinkle-cut carrots.	Thai lamb curry served with coconut lime rice. Served with baby corn, fine green beans, broccoli and peas.	Oven-baked breaded pollock fillets served with cheesy mashed potato. Served with homemade baked beans.
	After	Cloudy apple and pear jelly FSA 14	Long time ago, Sailors took cranberries on ships to help prevent a sickness called scurvy	Dragon fruit marble cake FSA 2.4.14	Pineapples are a giant cluster of hundreds of tiny individual flowers and berries that fuse together around a core	Rhubarb and custard jelly FSA 7.14
FSA Allergens		2	1.2	2	1	2.5.7.
Green	Before	Why did the jelly blush? Because it saw the salad dressing	Twisted Cheese Straws FSA 2.7	Sun-dried tomatoes lose around 90% their weight during dehydration	Cucumber And pineapple Salad FAS -	On average there are 465 beans in a standard tin
	Main	Red lentil chilli con carne with roasted peppers and black turtle beans, served with brown basmati rice. Served with carrots, broccoli and sweetcorn.	Quorn fillets in homemade cranberry gravy. Served with roast potatoes. Served with seasonal vegetables.	Mixed beans and squash in sundried tomato sauce with basil and roasted garlic.with couscous. Served with fancy peas and crinkle-cut carrots.	Thai veggie balls in coconut curry sauce, served with coconut lime rice. Served with baby corn, fine green beans, broccoli and peas.	Oven-baked breaded beetroot and parmesan fillets served with cheesy mashed potato. Served with homemade baked beans.
	After	Apple and pear yoghurt FSA 7.	Long time ago, Sailors took cranberries on ships to help prevent a sickness called scurvy	Dragon fruit marble cake FSA 2.4.14	Pineapples are a giant cluster of hundreds of tiny individual flowers and berries that fuse together around a core	Honeydew melon wedges FSA
FSA Allergens		2	1.2.4	2	1.2	2.5.7

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Before	Garlic bread sticks FSA 2.14	An Apple tree lives for around 100 years	Watermelon Wedges FSA -	The word lasagne also refers to yummy dish	Carrot and courgette fruity flat bread FSA- 2.7.14
	Main	Smoked paprika chicken with roasted peppers, served with steamed rice. Served with carrots and sweetcorn.	Slow-baked pork loin in homemade apple gravy with roasted carrots. Served with potatoes with broccoli, fine green beans, Savoy cabbage and peas.	Creamy coconut fish with baby spinach. Served with basmati rice. Served with baby corn, broccoli and fancy peas.	Homemade beef lasagne. Served with focaccia bread, peas and corn.	Confit garlic and lightly spiced lamb stew. Served with apricot couscous and minted fancy peas.
	Afters	Why did the corn join the army? because it wanted to be a Kernell!!	Winter berry jelly FSA 14	A coconut can float in water which helps coconut travel to new lands	Cranberry and orange short bread FSA 2.7	Why did the pea go to the doctor? it was feeling a little green
FSA Allergens		1.2.14	1.2.	1.2.5	2.7	1.2
Green	Before	Garlic bread sticks FSA 2.14	An Apple tree lives for around 100 years	Watermelon Wedges FSA -	The word lasagne also refers to yummy dish	Carrot and courgette fruity flat bread FSA- 2.7.14
	Main	Beans and lentils in smoked paprika sauce with roasted peppers, served with steamed rice. Served with carrots and sweetcorn.	Beetroot, parsnip and lentil fillets with homemade apple gravy and roasted carrots. Served with potatoes. broccoli, fine green beans, Savoy cabbage and peas.	Creamy coconut Quorn with baby spinach. Served with basmati rice. Served with baby corn, broccoli and fancy peas.	Homemade lentil lasagne. Served with focaccia bread, peas and corn.	Confit garlic and lightly spiced quinoa stew. Served with apricot couscous and minted fancy peas.
	Afters	Why did the corn join the army? because it wanted to be a Kernell!!	Winter berry Yoghurt- FSA 7.	A coconut can float in water which helps coconut travel to new lands	Cranberry and orange shortbread FSA 2.7	Why did the pea go to the doctor? it was feeling a little green
FSA Allergens		1.2.14	1.2	1.2.4	2.7	1.2

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SLICE OF PIE

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