

2026 Autumn Lunch Menu version 1

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Red	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 jumbo 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.
	Afters	Carrot sweet potato lentil soup FSA -1.2	Banoffee cookie FSA 2.4.7.14	Watermelon Wedges FSA -	Fruity cinnamon scones FSA 2.4.7	Cheesy bread FSA – 2.7
FSA Allergens		1.2	1.5	1.2	1.2.14	1.
GREEN	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 jumbo 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.
	Afters	Carrot sweet potato lentil Soups -1.2	Banoffee cookie. FSA 2.4.7.14	Watermelon Wedges FSA -	Fruity cinnamon scones FSA 2.4.7	Cheesy bread FSA – 2.7.
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)
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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Red	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.
	Afters	Cloudy apple and pear jelly FSA 14	Twisted Cheese Straws FSA 2.7	Dragon fruit marble cake FSA 2.4.14	Cucumber And pineapple Salad FAS -	Rhubarb and custard jelly FSA 7.14
FSA Allergens		2	1.2	2	1	2.5.7.
Green	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.
	Afters	Apple and pear yoghurt FSA 7.	Twisted Cheese Straws FSA 2.7	Dragon fruit marble cake FSA 2.4.14	Cucumber And pineapple Salad FAS -	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	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	Garlic bread sticks FSA 2.14	Winter berry jelly FSA 14	Watermelon Wedges FSA -	Cranberry and orange short bread FSA 2.7	Carrot and courgette fruity flat bread FSA-2.7.14
FSA Allergens		1.2.14	1.2.	1.2.5	2.7	1.2
Green	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	Garlic bread sticks FSA 2.14	Winter berry Yoghurt - FSA 7.	Watermelon Wedges FSA -	Cranberry and orange shortbread FSA 2.7	Carrot and courgette fruity flat bread FSA-2.7.14
FSA Allergens		1.2.14	1.2	1.2.4	2.7	1.2

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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Red	Main	Poached pollock in smoked haddock sauce with dill . Served with buttered herby new potatoes . Served with peas and sweetcorn .	Chicken and leek in a creamy sauce with sweetcorn , served with white basmati rice . Served with broccoli , cauliflower and fancy peas .	Lamb ragout with feta and garlic . Served with penne pasta . Served with crinkle-cut carrots and sweetcorn .	Turkey keema finished with coriander , served with coloured basmati rice . Served with fine green beans , broccoli , baby corn and fancy peas .	Beef and lentil hotpot. Served with broccoli , Savoy cabbage , greens, carrots and sweetcorn .
	Afters	Roasted plum yoghurt FSA 7	Cheese And Chive scone FSA 2.7	Apple and parsnip crumble cake FSA 2.4	Mango and strawberry yogurt Sugar free FSA- 7	Spiced carrot cookie FSA 2.4.7
FSA Allergens		1.2.5.7	1.2.7	1.2.4.	1.2	1.2
Green	Main	Roasted cauliflower and chickpea balls in a pumpkin sauce. Served with buttered herby new potatoes . Served with peas and sweetcorn .	Quorn and leek in a creamy sauce with sweetcorn , served with white basmati rice . Served with broccoli , cauliflower and fancy peas .	Pumpkin and courgette ragout with feta and garlic . Served with penne pasta . Served with crinkle-cut carrots and sweetcorn .	Yellow split pea keema finished with coriander , served with coloured basmati rice . Served with fine green beans , broccoli , baby corn and fancy peas .	Quorn and lentil hotpot. Served with broccoli , Savoy cabbage , greens, carrots and sweetcorn .
	Afters	Roasted plum yoghurt FSA 7	Cheese And Chive scone FSA 2.7	Apple and parsnip crumble cake FSA 2.4	Mango and strawberry yogurt Sugar free FSA -7	Spiced carrot cookie FSA 2.4.7
FSA Allergens		1.2.7	1.2.4.7	1.2.4.	1.2	1.2.4

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