# WHAT'S FOR LUNCH?

## WEEK 1

| MENU | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| **MAIN (OPTION 1)** | Veggie Spaghetti Bolognese **Allergen: Gluten** | Beef Lasagne **Allergen: Gluten & Milk** | Beef Burgers **Allergen: Gluten** | Roasted Chicken | Oven-Baked Fish Fingers **Allergens: Fish, Gluten** |
| **MAIN (OPTION 2)** | Pesto Pasta **Allergen: Gluten** | Veggie Lasagne **Allergen: Gluten & Milk** | Veggie Burgers **Allergen: Gluten** | Roasted Cauliflower | Veggie Fingers **Allergens: Gluten** |
| **SIDES** | Wholemeal Bread **Allergen: Gluten** | Sliced Garlic Bread **Allergen: Gluten** | Seasoned Potatoes Wedges | Roasted Potatoes | Oven-Baked Chips & Tartare sauce |
| **VEGETABLES** | Roasted Broccoli | Sweetcorn | Seasonal Autumn Vegetables | Baby Carrots | Baked Beans |
| **EXTRAS** | Greek yoghurt and fresh fruits served **Monday, Tuesday & Thursday**<br>**Wednesday**: Apple & Cinnamon Crumble (allergens: Gluten, Egg).<br>**Friday**: Vegan Jelly | | | | |

*Please contact the school for full allergen details if your child has a food allergy or dietary requirement.*

**W/C 2ND November 2026**

# WHAT'S FOR LUNCH?

## WEEK 2

| MENU | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| **MAIN (OPTION 1)** | Wholemeal Tomato Penne Pasta **Allergen: Gluten** | Traditional Shepherd's Pie **Allergen: Milk** | Wholemeal Margherita Pizza **Allergens: Gluten, Milk** | Chicken Biryani | Homemade Fish Pie (salmon & white fish) **Allergens: Fish, Milk** |
| **MAIN (OPTION 2)** | Pesto Pasta **Allergens: Gluten** | Lentil & Vegetable Shepherd's Pie **Allergen: Milk** | Gluten- and dairy-free option available | Vegetable Biryani | Veggie Pakora |
| **SIDES** | Wholemeal Garlic Bread **Allergen: Gluten** | Mash Potatoes **Allergen: Milk** | Seasoned Potato Wedges | Basmati Rice | Oven Baked Chips |
| **VEGETABLES** | Green Beans | Baby Carrots & Peas | Sweetcorn | Roasted Cauliflower | Green Peas |
| **EXTRAS** | Greek yoghurt and fresh fruit served **Monday, Tuesday & Thursday**<br>**Wednesday**: Chocolate & Beetroot Brownie (GLUTEN, Egg) | | | | |

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**W/C 9th November 2026**

# WHAT'S FOR LUNCH?

## WEEK 3

| MENU | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| **MAIN (OPTION 1)** | Mac & Cheese<br>**Allergen: Gluten & Milk** | Chicken Stir Fry<br>**Allergen: Soy** | Chicken Sausages & Gravy<br>**Allergen: Gluten** | Mild Chicken Curry | Oven-Baked Fish Fingers<br>**Allergens: Fish, Gluten** |
| **MAIN (OPTION 2)** | Pesto Penne Pasta<br>**Allergen: Gluten** | Vegetable Stir Fry<br>**Allergen: Soy** | Vegetable Sausages & Gravy<br>**Allergen: Gluten** | Sweet Potatoes & Chickpea Curry | Vegetable Quiche<br>**Allergen: Gluten & Milk** |
| **SIDES** | Wholemeal Garlic Bread<br>**Allergen: Gluten** | Egg Noodles<br>**Allergen: Gluten & Egg** | Creamy Mash Potatoes<br>**Allergen: Milk** | Mixed Brown & White Rice | Oven-Baked Chips<br>Tartare sauce with capers & cornichons |
| **VEGETABLES** | Roasted Broccoli | Baby Carrots | Seasonal Vegetables | Green Beans | Baked Beans |
| **EXTRAS** | Greek yoghurt and fresh fruit served daily served **Monday, Tuesday & Thursday**<br>**Wednesday:** Vanilla Sponge Cake (**Allergens: Gluten, Egg & Milk**) | | | | |

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**W/C 16th November 2026**