



# Sample Menu

## Week 1

2025/26



MONDAY
<p><b>Breakfast</b></p> <p>Variety of low-sugar breakfast cereals <i>May contain: gluten</i></p>
<p><b>Snack AM</b></p> <p>Green garden dip with red peppers &amp; rice cakes <i>Contains: milk</i></p>
<p><b>Lunch</b></p> <p>Mild chickpea &amp; cauliflower curry <i>May contain: celery, soy and sulphites</i></p>
<p><b>Pudding</b></p> <p>Mandarin &amp; yoghurt fool <i>Contains: milk May contain: sulphites</i></p>
<p><b>Snack PM</b></p> <p>Fruit</p>
<p><b>Tea - First Course</b></p> <p>Toasted tortilla triangles with guacamole <i>May contain: gluten</i></p>
<p><b>Tea - Main Course</b></p> <p>Soup of the month <i>Check allergens of each soup</i></p>

TUESDAY
<p><b>Breakfast</b></p> <p>Bagels with choice of toppings <i>Contains: gluten and sesame May contain: sulphites</i></p>
<p><b>Snack AM</b></p> <p>Fruit</p>
<p><b>Lunch</b></p> <p>Chicken, mushroom &amp; spinach potato pie <i>Contains: gluten and milk May contain: celery and sulphites</i></p>
<p><b>Lunch - Vegetarian</b></p> <p>Mushroom, spinach &amp; bean potato pie <i>Contains: gluten and milk May contain: celery and sulphites</i></p>
<p><b>Pudding</b></p> <p>Stewed pears with yoghurt <i>Contains: milk May contain: sulphites</i></p>
<p><b>Snack PM</b></p> <p>Sweet potato dip with oatcakes <i>Contains: gluten and milk</i></p>
<p><b>Tea</b></p> <p>Macaroni cheese with salmon &amp; tomato salad <i>Contains: fish, gluten and milk</i></p>
<p><b>Tea - Vegetarian</b></p> <p>Red lentil macaroni cheese with tomato salad <i>Contains: milk</i></p>
<p><b>Pudding</b></p> <p>Fruit</p>

WEDNESDAY
<p><b>Breakfast</b></p> <p>Carrot cake &amp; date overnight oats <i>Contains: gluten and milk May contain: sulphites</i></p>
<p><b>Snack AM</b></p> <p>Fruit</p>
<p><b>Lunch - First Course</b></p> <p>Butter bean dip with veg sticks</p>
<p><b>Lunch - Main Course</b></p> <p>Mediterranean veg. lentil stew <i>Contains: celery and gluten May contain: sulphites, sesame, soya and milk</i></p>
<p><b>Snack PM</b></p> <p>Cheese &amp; herb scones <i>Contains: egg, gluten and milk</i></p>
<p><b>Tea</b></p> <p>Chicken fajitas with tomato salsa &amp; sour cream <i>Contains: milk and gluten May contain: sulphites, sesame and soya</i></p>
<p><b>Tea - Vegetarian</b></p> <p>Black bean fajitas with tomato salsa &amp; sour cream <i>Contains: milk and gluten May contain: sulphites, sesame and soya</i></p>
<p><b>Pudding</b></p> <p>Winter rice pudding with orange <i>Contains: milk May contain: sulphites</i></p>

THURSDAY
<p><b>Breakfast</b></p> <p>Variety of low-sugar breakfast cereals <i>May contain: gluten</i></p>
<p><b>Snack AM</b></p> <p>Tzatziki dip with oatcakes <i>Contains: gluten and milk</i></p>
<p><b>Lunch</b></p> <p>Beef bolognese with potato wedges <i>Contains: cheese and celery May contain: sulphites</i></p>
<p><b>Lunch - Vegetarian</b></p> <p>Vegetarian bolognese with potato wedges <i>Contains: cheese and celery May contain: sulphites</i></p>
<p><b>Pudding</b></p> <p>Fruit</p>
<p><b>Snack PM</b></p> <p>Plain hummus &amp; cucumber <i>Contains: sesame</i></p>
<p><b>Tea</b></p> <p>Tuna &amp; tomato pasta bake with sweetcorn <i>Contains: fish, gluten and milk</i></p>
<p><b>Tea - Vegetarian</b></p> <p>Bean &amp; tomato pasta bake with sweetcorn <i>Contains: gluten and milk</i></p>
<p><b>Pudding</b></p> <p>Fruit</p>

FRIDAY
<p><b>Breakfast</b></p> <p>Porridge with apple &amp; raisins <i>Contains: gluten and milk May contain: sulphites</i></p>
<p><b>Snack AM</b></p> <p>Red pepper dip with breadsticks <i>Contains: gluten and milk</i></p>
<p><b>Lunch</b></p> <p>Moroccan style hake with couscous &amp; broccoli <i>Contains: fish and gluten May contain: sulphites</i></p>
<p><b>Lunch - Vegetarian</b></p> <p>Moroccan style chickpeas with couscous &amp; broccoli <i>Contains: gluten May contain: sulphites</i></p>
<p><b>Pudding</b></p> <p>Blueberry compote with yoghurt <i>Contains: milk May contain: sulphites</i></p>
<p><b>Snack PM</b></p> <p>Fruit</p>
<p><b>Tea</b></p> <p>Smoky herby baked beans with jacket potato <i>May contain: celery and sulphites</i></p>
<p><b>Pudding</b></p> <p>Banana with cinnamon</p>