

# BREAKFAST

|                | MONDAY                                                       | TUESDAY                                                      | WEDNESDAY                                                    | THURSDAY                                                     | FRIDAY                                                       |
|----------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|
| HYDRATION      | Still water<br>Milk                                          | Still water<br>Milk                                          | Still water<br>Milk                                          | Still water<br>Milk                                          | Still water<br>Milk                                          |
| HOT ITEMS      | Butchers sausages                                            | Fresh omelette                                               | Spaghetti hoops on toast                                     | No added sugar porridge                                      | Bacon sandwich                                               |
| CEREAL STATION | Cereal selection with<br>milk                                | Cereal selection with<br>milk                                | Cereal selection with<br>milk                                | Cereal selection with<br>milk                                | Cereal selection with<br>milk                                |
| TOAST STATION  | Wholemeal or white<br>toast with a<br>selection of toppings  | Wholemeal or white<br>toast with a<br>selection of toppings  | Wholemeal or white<br>toast with a<br>selection of toppings  | Wholemeal or white<br>toast with a<br>selection of toppings  | Wholemeal or white<br>toast with a<br>selection of toppings  |
| EVERYDAY       | Natural yogurt with<br>freshly cut & dried<br>fruit toppings | Natural yogurt with<br>freshly cut & dried<br>fruit toppings | Natural yogurt with<br>freshly cut & dried<br>fruit toppings | Natural yogurt with<br>freshly cut & dried<br>fruit toppings | Natural yogurt with<br>freshly cut & dried<br>fruit toppings |

# LUNCH

wc 05.10.2026

|                                                                         | MONDAY                                                                                                       | TUESDAY                                              | WEDNESDAY                                          | THURSDAY                                                         | FRIDAY                                  |
|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|
| <b>MAIN MEALS</b><br><br><b>TO NOURISH,<br/>NURTURE AND<br/>SUSTAIN</b> | Meat Free Monday<br><br>Mature cheese mac & cheese                                                           | Teriyaki chicken with peppers                        | Cheesy beef lasagne with optional garlic bread     | Roast chicken fillets with sage & onion stuffing & a fresh gravy | Smoky bbq pulled pork shoulder          |
|                                                                         | Red onion tortilla quiche                                                                                    | Mini vegetable pancake rolls                         | Aubergine & bulgur wheat bake with cherry tomatoes | Paneer & roasted vegetable moussaka                              | Chick pea falafel                       |
| <b>SIDES</b>                                                            | Steamed 50/50 rice<br>Broccoli florets & veg                                                                 | Egg noodles<br>Broccoli & ribbon carrots & courgette | Steamed 50/50 rice<br>Sweetcorn & green beans      | Skin on roast potatoes<br>Carrots & spring greens                | Skin on fries<br>British peas & carrots |
| <b>DESSERT</b>                                                          | Oaty apple crumble with vanilla custard                                                                      | Strawberry oat slice                                 | Wibble no sugar fruit jelly                        | Lemon drizzle                                                    | Dairy free chocolate muffin             |
| <b>EVERYDAY</b>                                                         | We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes |                                                      |                                                    |                                                                  |                                         |
| <b>MORNING BREAK</b>                                                    | Tortilla chips, rich tea biscuits & fresh fruit                                                              | Cream crackers, digestive biscuits & fresh fruit     | Tortilla chips, ginger nut biscuits & fresh fruit  | Cream crackers, digestive biscuits & fresh fruit                 | Shortie biscuits & fresh fruit          |

# LUNCH

wc 12.10.2026

|                                                                         | MONDAY                                                                                                       | TUESDAY                                                              | WEDNESDAY                                                  | THURSDAY                                                      | FRIDAY                                  |
|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------|
| <b>MAIN MEALS</b><br><br><b>TO NOURISH,<br/>NURTURE AND<br/>SUSTAIN</b> | Chicken fillet with peppers in a tomato sauce                                                                | Mild chilli con carne with haricot beans and optional tortilla chips | Chinese honey chicken                                      | Roast loin of pork with sage & onion stuffing & a fresh gravy | Breaded MSC bites with lemon wedges     |
|                                                                         | Vegetable & tofu curry                                                                                       | Spiced chickpeas & sweet potato                                      | Paneer bites with roasted peppers                          | Veggie Shepherd's pie                                         | Spiced red lentil burger                |
| <b>SIDES</b>                                                            | Steamed mid potatoes with fresh mint<br>Fine green beans & British peas                                      | Steamed 50/50 rice<br>Sweetcorn & carrots                            | Chinese egg noodles<br>Broccoli florets & fine green beans | Skin on roast potatoes<br>Carrots & savoy cabbage             | Skin on fries<br>British peas & carrots |
| <b>DESSERT</b>                                                          | Dairy free chocolate brownies                                                                                | Strawberry oat slice                                                 | Apricot oat cookies                                        | Victoria sandwich                                             | Dairy free carrot muffins               |
| <b>EVERYDAY</b>                                                         | We offer daily a selection of crudities, yogurt, fresh fruit, no sugar jelly pots, pasta and jacket potatoes |                                                                      |                                                            |                                                               |                                         |
| <b>MORNING BREAK</b>                                                    | Tortilla chips, rich tea biscuits & fresh fruit                                                              | Cream crackers, digestive biscuits & fresh fruit                     | Tortilla chips, ginger nut biscuits & fresh fruit          | Cream crackers, digestive biscuits & fresh fruit              | Shortie biscuits & fresh fruit          |

# LITTLE TEA

|                 | MONDAY                                             | TUESDAY                                           | WEDNESDAY                                     | THURSDAY                                      | FRIDAY                                        |
|-----------------|----------------------------------------------------|---------------------------------------------------|-----------------------------------------------|-----------------------------------------------|-----------------------------------------------|
| MAIN COURSE ONE | Baked jacket potato with cheddar cheese & coleslaw | Wholemeal pasta with tomato sauce & grated cheese | Wholemeal pitta bread with sliced chicken     | Wholegrain pizza bagel                        | Spaghetti hoops on wholemeal toast            |
| DAILY SIDES     | Cucumber, tomato & a selection of salad items      | Cucumber, tomato & a selection of salad items     | Cucumber, tomato & a selection of salad items | Cucumber, tomato & a selection of salad items | Cucumber, tomato & a selection of salad items |
| LIGHT DESSERT   | Natural yogurt with freshly cut fruit              | Natural yogurt with freshly cut fruit             | Natural yogurt with freshly cut fruit         | Natural yogurt with freshly cut fruit         | Natural yogurt with freshly cut fruit         |
| HYDRATION       | Still water                                        | Still water                                       | Still water                                   | Still water                                   | Still water                                   |
|                 |                                                    |                                                   |                                               |                                               |                                               |