

3-WEEK ROLLING MENU, AUTUMN TERM 2026

FRESH • BALANCED • DELICIOUS

	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
 WEEK 1	Beef Meatballs in tomato sauce served with wholewheat pasta, grated cheese and a mixed salad  Dessert -fruit pot, yogurt or rice pudding	Thai Chicken Curry with white and wholegrain rice  Dessert -fruit pot, yogurt or rice pudding	Creamy chicken potato pie with mixed vegetables  Dessert -fruit pot, yogurt or rice pudding	Cheesy salmon and broccoli pasta bake with a mixed salad  Dessert -fruit pot, yogurt or rice pudding	5 bean chilli with couscous.  Dessert -fruit pot, yogurt or rice pudding
 WEEK 2	Jacket potato served with tuna mayo, cheese or baked beans with coleslaw  Dessert -fruit pot, yogurt or rice pudding	Cajun style chicken fillets served with brown and white rice, mixed vegetable stir fry and a wholemeal tortilla wrap  Dessert -fruit pot, yogurt or rice pudding	Salmon Fishcakes or fish fingers with homemade chips and peas  Dessert -fruit pot, yogurt or rice pudding	Beef Bolognese served with wholewheat pasta, grated cheese and a mixed salad  Dessert -fruit pot, yogurt or rice pudding	Homemade pizza toppings of BBQ chicken, pepperoni or margarita  Dessert -fruit pot, yogurt or rice pudding
 WEEK 3	Cheesy pasta Bake served with a mixed salad  Dessert -fruit pot, yogurt or rice pudding	Sweet potato and lentil curry served with brown and white rice and green beans  Dessert -fruit pot, yogurt or rice pudding	Roast chicken breast with new potatoes, cauliflower cheese, carrots and gravy  Dessert -fruit pot, yogurt or rice pudding	Salmon fillet with skin on new potatoes and a Lebanese Salad  Dessert -fruit pot, yogurt or rice pudding	Burrito Plate – grilled chicken, couscous, sweetcorn, chopped peppers, 5-bean salad with salsa and guacamole  Dessert -fruit pot, yogurt or rice pudding

Wholemeal bread is available with each meal. Students have an alternative meal choice of Jacket Potato with beans, cheese or tuna mayo, a wholemeal cheese toastie or a cheese or tuna mayo wholemeal sandwich if they do not want the main course offered.

 **EAT WELL • ENJOY YOUR LUNCH • FEEL GOOD**