

# 3-WEEK ROLLING MENU

## AUTUMN TERM 2026

FRESH • BALANCED • DELICIOUS

WEEK  
1

MONDAY



Beef Meatballs in tomato sauce served with wholewheat pasta, grated cheese and a mixed salad



Fruit pot, yogurt or rice pudding

TUESDAY



Thai Chicken Curry with white and wholegrain rice



Rice pudding, yogurt or fruit pot

WEDNESDAY



Creamy chicken potato pie with mixed vegetables



Fruit pot, yogurt or rice pudding

THURSDAY



Cheesy salmon and broccoli pasta bake with a mixed salad



Rice pudding, yogurt or fruit pot

FRIDAY



5 bean chilli with couscous



Fruit pot, yogurt or rice pudding

WEEK  
2



Jacket potato served with tuna mayo, cheese or baked beans with coleslaw



Fruit pot, yogurt or rice pudding



Cajun style chicken fillets served with brown and white rice, mixed vegetables stir fry and a wholemeal tortilla wrap



Rice pudding, yogurt or fruit pot



Salmon Fishcakes or fish fingers with homemade chips and peas



Fruit pot, yogurt or rice pudding



Homemade pizza toppings of BBQ chicken, pepperoni or margarita



Fruit pot, yogurt or rice pudding



Beef Bolognese served with wholewheat pasta, grated cheese and a mixed salad



Rice pudding, yogurt or fruit pot

WEEK  
3



Cheesy pasta Bake served with a mixed salad



Rice pudding, yogurt or fruit pot



Sweet potato and lentil curry served with brown and white rice and green beans



Fruit pot, yogurt or rice pudding



Roast chicken breast with new potatoes, cauliflower cheese, carrots and gravy



Rice pudding, yogurt or fruit pot



Salmon fillet with skin on new potatoes and a Lebanese Salad



Fruit pot, yogurt or rice pudding



Burrito Plate – grilled chicken, couscous, sweetcorn, chopped peppers, 5-bean salad with salsa and guacamole



Rice pudding, yogurt or fruit pot