3 - Week Rolling Menu

Autumn Term 2026

Fresh • Balanced • Delicious

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	 Beef chilli served with couscous, grated cheese and green beans	 Chicken with a sweet and sour sauce served with rice or noodles and vegetable stir fry	 Chicken with a creamy sauce with roasted potatoes and carrots	 Cheesy salmon pasta bake served with broccoli	 Mediterranean baked chicken served with pitta bread, vegetable sticks and houmous dip.
	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding
Week 2	 Jacket potato served with tuna mayo, cheese or baked beans with coleslaw	 Cajun style chicken fillets served with brown and white rice, mixed vegetable stir fry and a wholemeal tortilla wrap	 Salmon fillet with roasted skin on new potatoes and a homemade Lebanese Salad	 Homemade pizza with toppings of pepperoni or margarita	 Beef Bolognaise served with wholewheat pasta, grated cheese and a mixed salad
	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding
Week 3	 Cheesy pasta bake served with a mixed salad	 Homemade beef burger in a wholemeal bun with cheese, lettuce, sliced tomatoes and vegetable sticks	 Roast chicken breast with roasted new potatoes, Cauliflower cheese, carrots and gravy	 Beef Meatballs in tomato sauce served with wholewheat pasta, grated cheese and a mixed salad	 Burrito Plate – grilled chicken, couscous, sweetcorn, chopped peppers, 5-bean salad with salsa and guacamole
	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	Dessert - fruit pot, yogurt or rice pudding	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.