

First Half Autumn Term 2025 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Daily choice of low sugar cereal selection & wholemeal toast Contains Barley Oats Rye Wheat Soya Milk				
Morning snack from home Fruit or vegetable - raw or cooked. Unprocessed Cheese - Babybel not cheesestring. Plain rice cakes bread sticks or crackers Please make sure food is cut correctly so it is not a choking hazard (see 'solid starts' for more info)					
Lunch	Italian herbs and beef meatballs in rich tomato sauce with spinach and spaghetti Fresh with natural yogurt Contains Soya Wheat Milk	Toad in the hole pork sausages roast potatoes gravy, carrots and green beans Fruit with natural yogurt Contains Soya Milk Egg	Cauliflower and chickpea mild curry with rice Fruit with natural yogurt Contains Wheat Soya Milk	Lamb mint and lentil pie with broccoli and mash potato Fruit with natural yogurt Contains Wheat Milk	Fish and oven chips peas and carrots Fruit with natural yogurt Contains Fish Milk
Afternoon snack from home - see ideas of healthy options in morning snacks					
Tea	Savory golden rice with mixed vegetables and tuna Fresh fruit Contains Fish	Chicken chow mein with cabbage carrot and peppers and noodles Fresh fruit Contains Wheat Milk Egg	Broccoli and cream cheese homemade swirls, ham cucumber tomatoes and humus Fresh fruit Contains Wheat Egg Milk	Cheese and onion frittata with baked beans cherry tomatoes and potato wedges Fresh Fruit Contains Wheat Egg Milk	Fajitas wraps with turkey mixed peppers tomato salsa carrot and potato waffle Fresh fruit Contains Milk Wheat

Daily vegetarian option available. Meals tailored to suit individual dietary requirements