



Winter-Spring 2026 Menu (4weeks)

Breakfast (daily)

- Selection of low-sugar cereals or porridge with milk
- Wholemeal toast or baked goods
- Seasonal fruits

Snacks (mid-morning & afternoon)

- Fresh fruit or vegetable sticks
- Milk or water



WEEK 1

MONDAY

Mediterranean Tuna and Roasted Sweet Pepper Fusilli

Veg.: Slow-Cooked Tomato Pasta with Melted Cheese

Pudding: Rice Pudding With Jam

TUESDAY

Garden Harvest Squash, Sweet Potato and Carrot Soup with Wholemeal Bread

Veg.: Same

Pudding: Orange Wedges

WEDNESDAY

Spiced Peri Peri Lamb with Fragrant Rice and Seasonal Vegetables

Veg.: Spiced Peri Peri Fragrant Rice and Seasonal Vegetables

Pudding: Yogurt

THURSDAY

Classic Roast Chicken and Vegetable Pie

Veg.: Hearty Garden Vegetable Pie

Pudding: Apple Slices

FRIDAY

Golden Battered Cod with Chips and Garden Peas

Veg.: Crispy Vegetable Fingers with Chunky Chips and Peas

Pudding: Fruit Salad

WEEK 2

MONDAY

Savoury Chicken Meatballs with Creamy Mash and Rich Onion Gravy

Veg.: Plant Based Meatballs with Creamy Mash and Rich Onion Gravy

Pudding: Jelly

TUESDAY

Creamy Tomato and Basil Soup with Grilled Cheesy Toasties

Veg.: Same

Pudding: Pear Slices

WEDNESDAY

Fish Pie with Sweet Potatoes and Green Beans

Veg.: Veggie Fingers with Sweet Potatoes and Green Beans

Pudding: Yoghurt

THURSDAY

Traditional Maize Meal with Slow cooked Lamb Stew and Greens

Veg.: Traditional Maize Meal with Slow cooked Stew and Greens

Pudding: Orange Wedges

FRIDAY

Classic Cheese and Tomato Pizza with Fresh Veg Sticks

Veg.: Same

Pudding: Fruits



WEEK 3

MONDAY

Chef's Special Fried Rice with Sweet Plantains and Chicken Wings

Veg.: Chef's Special Fried Rice with Sweet Plantains and Steamed Vegetables

Pudding: Blueberry Muffins

TUESDAY

Italian-Style Spaghetti with Savoury Meatballs

Veg.: Italian-Style Spaghetti with Plant Based Meatballs

Pudding: Yoghurt

WEDNESDAY

Mediterranean Lentil and Vegetable Soup with Garlic Bread

Veg.: Same

Pudding: Melon Wedges

THURSDAY

Tuna Salad Wholemeal Wrap with Veggie Sticks

Veg.: Falefel Salad Wholewheat Wrap with Veggie Sticks

Pudding: Sweet Potato Brownies

FRIDAY

Classic Cheese burger with Sweet Potato Fries

Veg.: Vegetarian Cheese Burger with Sweet Potato Fries

Pudding: Jelly

WEEK 4

MONDAY

Moroccan-Style Vegetable Tagine with Fluffy Couscous

Veg.: Same

Pudding: Pear Slices

TUESDAY

Creamy Mash with Tender Chicken Sausages

Veg.: Creamy Mash with Tender Veggie Sausages

Pudding: Yoghurt And Banana

WEDNESDAY

Chicken Ramen Soup with Garlic Bread

Veg.: Vegetable Ramen Soup with Garlic Bread

Pudding: Apple Slices

THURSDAY

Creamy Macaroni Cheese With Fresh Homemade Coleslaw

Veg.: Same

Pudding: Jelly

FRIDAY

Golden Chicken Nuggets Bites with Diced Potatoes Served with Seasonal Vegetables

Veg.: Plant Based Chicken Nuggets with Diced Potatoes Served with Seasonal Vegetables

Pudding: Sliced Grapes And Berries





Tea Menu

(Winter – Spring 2026)



WEEK 1

MONDAY

Fish Fingers And Beans

TUESDAY

Toasted Cheese Sandwich

WEDNESDAY

Potatoes Stars With Nuggets

THURSDAY

Mini Pizza

FRIDAY

Pancake Mix

WEEK 2

MONDAY

- Turkey And Cheese Sandwich
- Cucumber And Cheese Sandwich

TUESDAY

Rice Cake

WEDNESDAY

Scones With Butter

THURSDAY

Pasta With Vegetables

FRIDAY

Spaghetti Hoops In Tomato Sauce

WEEK 3

MONDAY

Noodles

TUESDAY

Bagel With Cream Cheese And Cucumber

WEDNESDAY

Rice And Peas

THURSDAY

Tomato Soups With Pita

FRIDAY

Rice Cakes

WEEK 4

MONDAY

Beans On Toast Wholemeal Bread

TUESDAY

Crumpets With Butter

WEDNESDAY

Crackers With Cheese And Cucumber

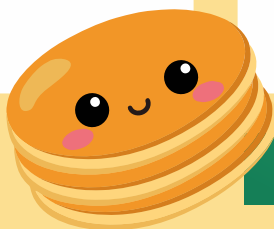
THURSDAY

Pancake With Berries

FRIDAY

Potatoes Wedges

All Tea Meals have a vegetarian alternative





Breakfast



WEEK 1

MONDAY

Low Sugar Cereal With Milk,
Banana

TUESDAY

Yoghurt With Oats And Apple

WEDNESDAY

Whole Meal Toast With Cream
Cheese, Cucumber

THURSDAY

Weetabix With Milk, Pears

FRIDAY

Wholemeal Bagel With Butter,
Oranges

WEEK 2

MONDAY

Rice Krispies With Milk, Pear
Slices

TUESDAY

Wholemeal Toast With Soft
Cheese

WEDNESDAY

Low-Sugar Cereal With Milk,
Satsuma

THURSDAY

Crumpet With Butter, Banana
Slices

FRIDAY

Yoghurt With Granola & Raisins

WEEK 3

MONDAY

Weetabix With Milk Pear

TUESDAY

Yoghurt With Oats and Fruits

WEDNESDAY

Wholemeal English Muffin With
Butter, Satsuma

THURSDAY

Cornflakes With Milk, Apple
Slices

FRIDAY

Wholemeal Toast With Sunflower
Spread, Cucumber

WEEK 4

MONDAY

Wholemeal Pancakes With
Fruit Slices

TUESDAY

Yoghurt With Berries

WEDNESDAY

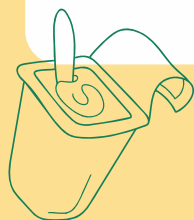
Cornflakes With Milk, Banana

THURSDAY

Shredded Wheat With Milk,
Apple Wedges

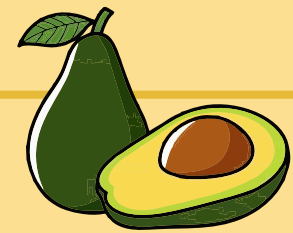
FRIDAY

Wholemeal Toast With
Homemade Jam, Pears Slices



Baby Weaning Menu

(Lunch&Tea)



WEEK 1

LUNCH

MONDAY:

Soft Tuna and Sweet Pepper Pasta Spirals

V: Sweet Pepper Pasta Spirals

TUESDAY:

Smooth Garden Squash, Sweet Potato and Carrot Purée

WEDNESDAY:

Mild Spiced Lamb And Peri Peri Rice served with Mixed Vegetables

V: Peri Peri Rice served with Mixed Vegetables

THURSDAY:

Creamy Chicken and Vegetable Pie

V: Hearty Garden Vegetable Pie

FRIDAY:

Soft Flaked Cod with Potato Pieces

V: Vegetable Fingers with Soft Potatoes

PUDDING:

Monday: Rice Pudding with Jam

Tuesday: Orange Wedges

Wednesday: Yoghurt

Thursday: Apple slices

Friday: Fruit Salad

WEEK 2

LUNCH

MONDAY:

Creamy Mash with Soft Meatballs and Onion Gravy

V: Creamy Mash with Soft Vegan Meatballs and Onion Gravy

TUESDAY:

Smooth Tomato and Herb Soup with Soft Wholemeal Bread

WEDNESDAY:

Sweet Potato Mash with Flaked Salmon and Peas

V: Sweet Potato Mash with Flaked Salmon and Peas

THURSDAY:

Soft Pasta in Creamy Sauce with Broccoli

FRIDAY:

Soft Tomato and Cheese Toast Fingers

PUDDING:

Monday: Jelly

Tuesday: Pear Slices

Wednesday: Yoghurt

Thursday: Orange Wedges

Friday: Fruits

WEEK 3

LUNCH

MONDAY:

Soft Vegetable Rice with Sweet Plantain

TUESDAY:

Spaghetti And Plant Based Meatless Ball

WEDNESDAY:

Smooth Mediterranean Lentil and Vegetable Purée Served with Garlic Bread

THURSDAY:

Baked Cod with Baby Potatoes, Steamed Carrot & Broccoli

FRIDAY:

Minced Burger and Sweet Potato Fries

PUDDING:

Monday: Blueberry Muffins

Tuesday: Yoghurt

Wednesday: Melon Wedges

Thursday: Sweet Potato Brownies

Friday: Jelly

WEEK 4

LUNCH

MONDAY:

Soft Vegetable Tagine with Fluffy Couscous

TUESDAY:

Creamy Mash with Chicken Sausage cut into small chunks

V: Creamy Mash with Vegan Sausage cut into small chunks

WEDNESDAY:

Mild Vegetable Noodle Soup with Soft Bread

THURSDAY:

Creamy Macaroni Cheese with Cucumber Creamy Sauce with Broccoli

FRIDAY:

Chicken Nuggets Bites with Diced Potatoes Served with Seasonal Vegetables

V: Plant Based Chicken Nuggets Bites with Diced Potatoes Served with Seasonal Vegetables

PUDDING:

Monday: Pear Slices

Tuesday: Yoghurt And Banana

Wednesday: Apple Slices

Thursday: Jelly

Friday: Sliced Grapes And Berries

