



# Winter-Spring 2026 Menu (4 weeks)

## 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.:** Falafel 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

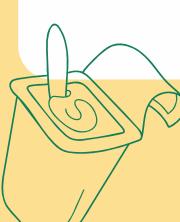
**THURSDAY**

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**

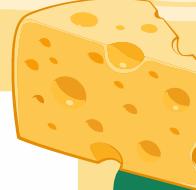
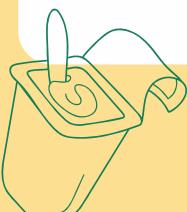
Cornflakes With Milk, Banana

**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

