

Autumn Lunch Menu 2025 Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup	Tomato Soup	Potato and Leek Soup	Vegetable Soup	White Bean Soup
Main 1	Spaghetti all Neralo G,D	Creamy Herby Chicken D	Spicy Crispy Noodles	Beef or Lamb Ragu D	Catch of the Day F, G
Main 2 (Veggie and Vegan)	Harissa Pappardelle G,D	Creamy Herby Roasted Vegetables D	Vegetable Stir Fry Ho Fan Noodles So	Lentil Ragu	Broccoli Tempura G
Accompaniment	Zucchini and spinach pasta G,D	Couscous or Rice G	Crispy Seaweed	Rigatoni or Linguini G	Patatas Bravas or Potato Wedges
Vegetable Additions	Roasted Broccoli	Garlicky Green Beans	Steamed Mung beans	Caramelised Carrots	Crispy Salad
Additions	Focaccia puttanesca G	Spicy Sauce	Chilli Sauce	Brown Bread	Homemade Ketchup, Herby Aioli E
Dessert	Fruit and Yogurt with Honey D	Chocolate Brownie E Fruit	Fruit Yogurt with Honey D	Coconut Cake G Fruit	Fruit

Allergens: D: Dairy E: Egg F: Fish G: Gluten Su: Sulphate P: Pork K: Kiwi T: Tomato S: Sesame So + Soy

Autumn Lunch Menu 2025 Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pumpkin Soup	Soup	Carrot and Ginger Soup	Vegetable Soup	Tomato Soup
Main 1	Sweet Potato Lasagne G, D	Swedish Meat Balls	Falafel with Spicy Tahini S	Fried Chicken G	Grilled Salmon F
Main 2 (Veggie and Vegan)	Cauliflower, Shallot & Spinach Gnocchi G, D, E	Vegetable Bonbon G, E	Red Pepper Falafel S	Carrot, Cheese and Mango Chutney Pinwheels G	Veggie Nuggets G
Accompaniment	Brown Bread G	Mash Potato D	Couscous or Rice G	Jollof Rice or Plain Rice	Lemon Potatoes or Chips
Vegetable Additions	Crispy Kale	Peas	Garlicky Green Beans	Cucumber Salad Plantain	Peas and Mint
Additions	Greens and white Bean Pasta G, D	Mushroom Gravy	Hummus	Spicy Sauce	Spicy Aioli E
Dessert	Apple Crumble G, D Fruit	Fruit	Cardamom and Orange Cake G,E Fruit	Fruit	Yogurt and Honey D Fruit

Allergens: D: Dairy E: Egg F: Fish G: Gluten Su: Sulphate P: Pork K: Kiwi T: Tomato S: Sesame So + Soy