

WHAT'S FOR LUNCH?

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Tomato, Basil and Cherry Tomatoes Pasta WHEAT (GLUTEN)	Chicken Byriani SULPHITES, MILK	Fresh Tomato & Mozzarella Pizza WHEAT (GLUTEN), CELERY, SULPHITES & MILK	Spaghetti Bolognaise GLUTEN & SULPHITES	Slow-Cooked Honey BBQ Chicken SULPHITES, SOYA
MAIN (OPTION 2)	Tuna fried Rice with sweetcorn, spring onions and parsley WHEAT (GLUTEN), FISH & SULPHITES	Chickpeas and Veg Biryani SOYA, SULPHITES, MILK	Pizza with Mushrooms	Lentils Bolognaise GLUTEN & SULPHITES	Honey BBQ Halloumi and Butter Beans SULPHITES, & Dairy
SIDES Where main includes, portion will be offered as optional extra	Focaccia WHEAT (GLUTEN)	Golden Basmati Rice WHEAT (GLUTEN) Mint, Cucumber and Yogurt Sauce MILK	Warm Couscous with Parsley WHEAT (GLUTEN)	Bread GLUTEN	Long Grain Rice
VEGETABLES	Herby Fine Beans Grilled Aubergine and Spinach salad Green Olives SULPHITES	Sweetcorn and Roasted Peppers SULPHITES	Lettuce and Tomato salad Mushrooms, herbs and roasted onions SULPHITES	Green Beans Broccoli and Cauliflower Black Olives SULPHITES	Roasted Carrots and Garden Peas Tomato, Red Onions and Cucumber Salad
EXTRAS	Monday/Tuesday/Thursday = Yoghurt with Fruit Compote or Homemade Smoothie Wednesday = Banana Cake w/ Cocoa sauce GLUTEN (WHEAT) Friday = Fruit Salad GLUTEN (WHEAT), EGGS All meats and poultry served in our school are Halal Week 1 Menu starting the 2 nd , 14 th and 28 th September, 5 th and 19 th October 2026				

Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available

WHAT'S FOR LUNCH?

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Italian Pasta "al Pomodoro" GLUTEN, SULPHITES	Singapore Stir-Fried Chicken SULPHITES	Tomato Mac 'N' Cheese CELERY, SULPHITES GLUTEN AND MILK	Chicken Sausages SULPHITES, WHEAT	Fish & Chips WHEAT (GLUTEN)
MAIN (OPTION 2)	Bitish Tuna Bake MILK, SULPHITES, FISH, GLUTEN	Singapore Stir-Fried Veg SULPHITES	Prawns Pasta with Cherry Tomatoes, Herbs and Lemon Sauce GLUTEN, CRUSTACEANS	VEG SAUSAGES WHEAT, SULPHITES	Feta (or Lentils) & Peas Fritters MILK
SIDES Where main includes, portion will be offered as optional extra	50/50 Baguette WHEAT (GLUTEN)	Yellow Noodles GLUTEN	Wholemeal Bread GLUTEN	Mashed Potato MILK Gravy SULPHITES	Chips Tartare Sauce Homemade Ketchup SULPHITES
VEGETABLES	Sweetcorn and Spinach Salad Chef's Special Veg	Carrots and Green Beans Soy Sauce Pak-Choi and Bell Peppers Salad SOYA	Mixed Leaves and Cucumber Salad Olives and Sun-Dried Tomatoes Mix	Roasted Carrots and Herbs	Garden Peas with Butter Cauliflower With Garlic and Chilli Flakes
EXTRAS	Fresh Fruit Platter and Greek Yoghurt/Smoothie with Fruit Compote Available Daily Wednesday = Apple Cake with Lemon WHEAT (GLUTEN) Friday = Hulk Cake WHEAT (GLUTEN), EGGS All meats and poultry served in our school are Halal Week 2 Menu starting 7th and 21st September, 5th and 19th October 2026				

Wherever possible, all food is homemade on site from local, British ingredients. Allergen free options will always be available