

MONDAY 28/09/2026

Soup
Roasted Pumpkin & Carrot

International
Beef Bolognese

Vegetarian
Chickpea & Spinach Curry

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Herb Roasted Potatoes
Steamed Broccoli
Roasted Carrots

Dessert
Fruit Cups

TUESDAY 29/09/2026

Soup
Leek & Potato

Main
Oven Roasted Hake with Lemon & Herbs

Vegetarian
Vegetable Moussaka

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Herb Rice
Green Beans
Roasted Pumpkin

Dessert
Fruit Cups & Yogurt

WEDNESDAY 30/09/2026

Soup
Tomato & Basil

Main
Beef Massaman Curry

Vegetarian
Vegetable & Bean Lasagna

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Steamed Rice
Roasted Cauliflower
Wilted Greens

Dessert
Fruit Cups



THURSDAY 01/10/2026

Soup
Courgette & Coriander

Main
Turkey Meatballs in Tomato Sauce

Vegetarian
Mushroom & Spinach Risotto

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Baby Potatoes
Broccoli
Sweetcorn

Dessert
Fruit Cups & Yogurt w/ Granola

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.



TUESDAY 06/10/2026

Soup

Cream of Carrot & Thyme

Main

Hake Loin Gratin

Vegetarian

Soy & Chickpea Stew with Spinach

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

**Baby Potatoes
Roasted Cauliflower
Green Beans**

Dessert

Fruit Cups

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WEDNESDAY 07/10/2026

Soup
Kale & Potato

Main
Chicken Stroganoff

Vegetarian
Vegetable Stroganoff

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Carrot Rice
Grilled Aubergine
Roasted Sweet Potato

Dessert
Fruit Cups & Yogurt

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THURSDAY 08/10/2026

**Soup
Vegetable**

**Main
Beef Burger**

**Vegetarian
Mushroom & Fried Onion Risotto**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves**

**Sides
Potato Wedges
Seasonal Vegetables
Steamed Greens**

**Dessert
Fruit Cups**

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FRIDAY 09/10/2026

**Soup
Broccoli**

**International
Roasted Chicken**

**Vegetarian
Courgette, Spinach & Feta Lasagna**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed
Leaves**

**Sides
Cajun Potatoes
Rice
Charred Corn**

**Dessert
Fruit Cups & Orange Cake**

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MONDAY 12/10/2026

Soup

Butternut & Sweet Potato

Main

Turkey Steak with Herb Jus

Vegetarian

Vegetable Feijoada with Seitan

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

Rice

Cauliflower

Green Beans

Dessert

Fruit Cups

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TUESDAY 13/10/2026

Soup
Creamy Courgette

International
Chicken with Tomato & Basil Sauce

Vegetarian
Falafel Mezze

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Potatoes
Broccoli
Roasted Pumpkin

Dessert
Fruit Cups & Yogurt

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THURSDAY 15/10/2026

Soup
Vegetable

International
Beef Lasagna

Vegetarian
Vegan Paella with Tofu & Roasted Peppers

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Potatoes
Steamed Green Beans
Corn Salsa

Dessert
Fruit Cups

FRIDAY 16/10/2026

Soup
Tomato & Basil

International
Chicken & White Bean Stew

Vegetarian
Vegetable Crumble with Feta

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Rice
Roasted Broccoli
Glazed Carrots

Dessert
Fruit Cups & Homemade Cake

MONDAY 19/10/2026

Soup
Carrot & Coconut

International
Roast Chicken & Gravy

Vegetarian
Aubergine Parmigiana

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Baby Potatoes
Broccoli
Sweetcorn

Dessert
Fruit Cups & Yogurt

TUESDAY 20/10/2026

**Soup
Split Pea**

**Main
Roasted Hake with Herb Sauce**

**Vegetarian
Chana Masala**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed
Leaves**

**Sides
Herb Potatoes
Roasted Pumpkin
Peas & Spinach**

**Dessert
Fruit Cups**



WEDNESDAY 21/10/2026

**Soup
Courgette**

**International
Breaded Fish Goujons with Tartare Sauce**

**Vegetarian
Loaded Vegetable Quiche**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves**

**Sides
Roasted Cauliflower
Caramelized Carrots
Green Beans**

**Dessert
Fruit Cups**

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THURSDAY 22/10/2026

Soup
Vegetable

Main
Chicken Burger with Toppings

Vegetarian
Vegetable Burger

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Potato Wedges
Roasted Seasonal Vegetables
Steamed Greens

Dessert
Fruit Cups

FRIDAY 23/10/2026

Soup
Chicken Soup

International
Turkey Carbonara Fusilli

Vegetarian
Tofu, Charred Corn & Rice Burrito

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Cajun Potatoes
Rice
Charred Corn

Dessert
Fruit Cups & Homemade Cake

MONDAY 26/10/2026

Soup
Pumpkin & Coconut

International
Beef Bolognese

Vegetarian
Chickpea & Spinach Curry

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Herb Rice
Green Beans
Roasted Cauliflower

Dessert
Fruit Cups

TUESDAY 27/10/2026

**Soup
Broccoli**

**International
Roasted Hake with Lemon and egg**

**Vegetarian
Mediterranean Vegetable Moussaka**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed
Leaves**

**Sides
Roasted Potatoes
Broccoli
Peas**

**Dessert
Fruit Cups & Yogurt**



MONDAY 02/11/2026

Soup
Leek & Potato

International
Beef Meatballs

Vegetarian
Vegetable Stroganoff

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Rice
Broccoli
Roasted Carrots

Dessert
Fruit Cups

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TUESDAY 03/11/2026

Soup
Creamy Courgette

Main
Jerk Turkey

Vegetarian
Shakshuka with Baked Eggs

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Paprika Potatoes
Sweetcorn
Green Beans

Dessert
Fruit Cups & Yogurt

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WEDNESDAY 04/11/2026

**Soup
Pumpkin**

**Main
Roast Chicken with Lemon & Herbs**

**Vegetarian
Lentil Cottage Pie**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves**

**Sides
Herb Rice
Cauliflower
Broccoli**

**Dessert
Fruit Cups**

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THURSDAY 05/11/2026

Soup
Carrot & Coriander

Main
Creamy Salmon Linguine

Vegetarian
Crispy Tofu Katsu Curry

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Baked Potatoes
Courgette
Roasted Peppers

Dessert
Fruit Cups

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FRIDAY 06/11/2026

Soup
Chicken Soup

Main
Roast Turkey with Gravy

Vegetarian
Chickpea & Vegetable Tagine

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Potatoes
Seasonal Vegetables
Steamed Green Beans

Dessert
Fruit Cups & Homemade Cake

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