

Autumn Term 1



Eat Better Do Better



MONDAY

is Planet Friendly Day

Week 1

WB
2/9/26
21/9/26
12/10/26

Veg 1: Margherita Pizza (v)
herby roast mini potatoes (v) baked
beans
Chocolate muffin (v)
or fruit

TUESDAY

Veg 1: Scrumptious Quiche (v) or pasta,
peas & bacon
farm house mixed
veg & bread
Chewy tropical
flapjack (v) or fruit

WEDNESDAY

Veg 1: Traffic light cous
cous (v) or Pork sausages,
Yorkshire Pudding (v)
Gravy (v), Mash potato
(v), carrots, broccoli
Summer fruit crumble
with custard (v) or fruit

THURSDAY

Veg 1: Power Ball &
Pasta (v) or Pork pasta
bolognaise
garlic bread (v)
Carrots, peas
Ginger muffin (v) or
fruit

FRIDAY

Veg 1: Spicy
beanburger (v) or Fish
Fingers
Mash potatoes (v),
baked beans, peas,
veg of the day.
Ice cream pot (v) or
fruit

Week 2

WB
7/9/26
28/9/26

Veg 1: Cheesy pasta (v)
Veg 2: Power pesto
pasta (v)
Homemade bread (v)
Seasonal vegetables,
baked beans
Zesty carrot muffin (v)
or fruit

NEW!

Veg 1: Mexican tortilla
stack (v)
or Sweet & sour pork,
both with rice.
peas & baby carrots
Chocolate shortbread
(v) or fruit

NEW!

Veg 1: Tangy vegetable
noodle stir fry (v) or
Roast gammon
baby roast potatoes
(v), carrots, cauliflower
cheese (v)
Cornflake tart &
custard (v) or fruit

Veg 1: Scrumptious
quiche (v) or Pasta,
peas & bacon
Mixed vegetables &
bread
Chocolate chip cookie
(v) or fruit

NEW!

Veg 1: Crunchy
cauliflower buffalo
wings (v) or Breaded
fishcakes
mash potao (v), baked
beans, peas, veg
Frozen yoghurt (v) or
fruit

Week 3

WB
14/9/26
5/10/26

Veg 1: Smooth tomato
& basil pasta (v)
Homemade bread (v)
Peas, sweetcorn or
baked beans
Blueberry muffin (v) or
fruit



Veg 1: Cheese & tomato
pizza (v) Veg 2: (v)
sausage & red pepper
pizza
diced potatoes (v)
sweetcorn or spaghetti
rings
lemon drizzle cake (v) or
fruit

Veg 1: Vegetable Roll
(v) or Pork sausages
mash potato (v),
carrots, cabbage,
gravy (v)
Fruit jelly (v) or
fruit

NEW!

Veg 1: Sweet potato &
lentil korma with rice(v)
or Pork meatball in
tomato sauce with
pasta,
broccoli, diced carrots
Shortbread biscuit (v)
or fruit

Veg 1: Mex style non
carne & rice (v) or
Chicken burger in a bun
potato wedges (v), **
baked beans, peas or
veg of the day
Raspberry ripple
mousse (v) or fruit



Cheese or beans

Cheese & tuna