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LUNCH menu

Menus developed in collaboration with **Charlotte Stirling-Reed**, the Baby & Child Nutritionist

Autumn/Winter 2025/26

MENU A

MONDAY

Italian Vegetable
Bolognaise
Pasta

Greek Style Apple
& Apricot Yoghurt

TUESDAY

Turkey Stroganoff
Brown Rice
Fruit Salad

WEDNESDAY

Simply Chicken
Pasta
Carrot, Cinnamon &
Cream Cheese Sponge

THURSDAY

Shepherd's Pie
Cabbage, Carrots & Peas
Greek Style Vanilla Yoghurt

FRIDAY

Vegetable
Massaman Curry
White Rice
Fresh Melon

MENU B

MONDAY

Butter Chicken
Yellow Rice
Peaches & Pineapple

TUESDAY

Tuscan Salmon
Pasta
Fruit Loaf

WEDNESDAY

Winter Vegetable Casserole
Roasted Rosemary
New Potatoes
Fresh Melon

THURSDAY

Pork Chow Mein
Wholewheat Noodles
Greek Style
Pineapple Yoghurt

FRIDAY

Beef Ragu
White Rice
Braised Cinnamon Pears
with Vanilla Crème Fraiche

MENU C

MONDAY

Mild Vegetable Chilli
Wild Rice
Peach Fromage Frais

TUESDAY

Thai Red Lentil Curry
Wholewheat Noodles
Fruit Salad

WEDNESDAY

Barbecue Chicken
White Rice
Coconut & Cream Cheese
Sponge

THURSDAY

Speldhurst Beef
Sausage Hot Pot
Mashed Potato
Greek Style Pear Yoghurt

FRIDAY

Around the World Menu

We follow the Early Years Foundation Stage nutrition guidance.
It may occasionally be necessary to make changes to the published menu.



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AFTERNOON Tea Menu

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Autumn/Winter 2025/26

MENU A

MONDAY

Chicken, Spinach & Soft Cheese Flatbread
Sweetcorn & Diced Pepper
Diced Peaches

TUESDAY

Egg Mayonnaise Wholemeal Roll
Cucumber
Pineapple Fromage Frais

WEDNESDAY

Homemade Roasted Red Onion, Pepper & Courgette Wholemeal Pizza
Hard Boiled Egg Wedges
Melon Slices

THURSDAY

Sunblush Tomato, Pea, Sweetcorn & Basil Pasta Salad
Corn Cake with Soft Cheese
Orange Slices

FRIDAY

Soft Flour Tortilla Wrap with Tuna, Chive & Crème Fraiche
Grated Courgette & Carrot
Sweet Potato & Apricot Oaty Bar

MENU B

MONDAY

Tuna, Cucumber & Mayonnaise Wholemeal Roll
Sweetcorn & Diced Pepper
Pear & Apple Yoghurt

TUESDAY

Homemade Feta & Roasted Vegetable Wholemeal Pizza
Roast Chicken Slices
Orange Slices

WEDNESDAY

Chicken, Chive & Crème Fraiche Flatbread
Cucumber
Peach Fromage Frais

THURSDAY

Soft Flour Tortilla Wrap with Grated Cheese & Carrot
Sweetcorn & Grated Courgette
Apricot Protein Bar

FRIDAY

Beetroot, Feta & Cheddar Scone with Sunflower Spread
Hard Boiled Egg Wedges
Melon Slices

MENU C

MONDAY

Homemade Chicken & Roasted Vegetable Wholemeal Pizza
Sweetcorn & Diced Pepper
Blueberry Oaty Bar

TUESDAY

Tuna, Cucumber & Crème Fraiche Flatbread
Grated Courgette & Carrot
Greek Style Vanilla Yoghurt

WEDNESDAY

Soft Flour Tortilla Wrap with Grated Cheese & Rainbow Slaw
Hard Boiled Egg Wedges
Diced Apple & Apricot

THURSDAY

Tomato, Mozzarella & Basil Savoury Muffin
Rice Cake with Homemade Beetroot Houmous
Melon Slices

FRIDAY

Soft Cheese & Cucumber White Roll
Roast Chicken Slices
Orange Slices

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