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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 Ragù
White Rice
Braised Cinnamon Pears
with Vanilla Crème Fraiche

MENU C

MONDAY

Mild Vegetable Chilli
Wild Rice
Peach Fromage Fraiss

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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