

WESSEX MENU AUTUMN TERM 1 2026

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU KEY:
WEEK ONE							
	Option One	Macaroni Cheese	 Phat Pasty Pork Sausage Roll with Potato Wedges	Roast Chicken, Stuffing, Roast Potatoes & Gravy	 Spaghetti Bolognaise	Fishfingers with Chips & Tomato Sauce	
	Option Two	 Chickpea Curry with Rice 	 Mild Mexican Veg Chilli with Rice 	 Roasted Quorn, Roast Potatoes, & Gravy	Smokey Bean Burger with Wedges &  Tomato Sauce	Cheese & Bean Pasty with Chips & Tomato Sauce	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
07/09/2026							
28/09/2026							
19/10/2026	Dessert	Tinned Fruit	Orange Drizzle Cake	 Fruit Platter	 Apple Flapjack 	 Strawberry Jelly with Mandarins	Whole grain
WEEK TWO							
	Option One	Cheese & Tomato Pizza with Summer Mixed Salad 	 Beef Chilli with Rice & Sweetcorn & Cucumber Salsa 	Pork Sausage, Roast Potatoes & Gravy	Greek Chicken Pitta with Herby Rice, Tzatziki & Salad	Battered Fish with Chips & Tomato Sauce	
	Option Two	 Lentil & Sweet Potato Curry with Rice 	 Spaghetti & Veg balls in a Tomato Sauce	 Veg Wellington, Roast Potatoes & Gravy	Greek Spinach & Cheese Whirl with Herby Rice, Tzatziki & Salad	NEW Cheesy Broccoli Frittata with Chips	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Plant based
14/09/2026							
05/10/2026	Dessert	Iced Vanilla Sponge	Peaches & Ice Cream	 Freshly Chopped Fruit Salad	Jam & Coconut Sponge with Custard	 Oaty Cookie 	Added plant protein
WEEK THREE							
	Option One	 Tomato Pasta	 Beef Burger with Potato Wedges & Rainbow Slaw	Roast Turkey, Mashed Potatoes & Gravy	 Chef Shilpa's Chicken Korma with Rice 	Fishfingers with Chips & Tomato Sauce	
	Option Two	NEW Chinese Vegetable Noodles	 Mexican Bean Roll with New Potatoes & Rainbow Slaw	 Vegetable Loaf with Stuffing, Mashed Potatoes & Gravy	All Day Vegetarian Breakfast	Veg Sausage and Bean Hotpot 	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
31/08/2026							
21/09/2026							
12/10/2026	Dessert	Pineapple Upside Down Cake	Cheese & Crackers	 Fruit Medley	Strawberry and Apple Crumble with Custard 	 Vanilla Shortbread	Chef's Special
AVAILABLE DAILY: Jacket Potatoes with a choice of fillings, Salad Bar, Freshly Baked Bread, Fresh Fruit, Yoghurt							

If you would like to know about particular allergens in foods, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.