whole		Menu - October 2025 - March 2026			
'n	neals	Week One	Week Two	Week Three	
REA	L FOOD FOR REAL ENERGY	27/10, 17,11, 08/12, 09/01, 26/01, 23/02, 16/03	03/11, 24/11, 12/01, 02/02, 02/03, 23/03	10/11, 01/12, 19/01, 09/03, 30/03	
Monday	Option 1	Vegetable Pasta Bake	Mixed Bean Wrap	Tomato Pasta	
	served with	Garlic Bread	Pasta	Garlic Dough Balls	
	Scived With	Mixed Vegetables	Peas & Sweetcorn	Mixed Vegetables	
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	
2	Dessert	Yoghurt & Fruit Compote	Yoghurt & Fruit Compote	Yoghurt & Fruit Compote	
		Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	
Fuesday	Option 1 Option 2	Beef Tacos Veggie Burrito	Chicken Tacos Sweet Potato & Spinach Dhal	Mexican Beef Tortilla Bake Veggie Tacos	
	served with	Vegetable Rice	Savoury Rice	Pasta	
	Served With	Carrots & Green Beans	Broccoli & Mixed Vegetables	Carrots & Peas	
ne	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	
F	Dessert	Carrot Cake	Chocolate Cake	Iced Cookie Bun	
		Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	
>	Option 1	Roast Chicken, Stuffing & Gravy	Roast Pork & Gravy	Sausages & Gravy	
Wednesday	Option 2	Vegetable & Chickpea Tart	Veggie Meatloaf		
	served with	Rustic Roasties Cabbbage & Sweetcorn	Rustic Roasties Swede & Peas	Mashed Potato Sweetcorn & Baked Beans	
	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	
	Dessert	Shortbread	Shrewsbury Biscuit	Oat Cookie	
		Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	
Thursday	Option 1	Pork Meatballs Meatless Meatballs	Beef Bolognese Veggie Bolognese	Curried Chicken Chunks	
	Option 2			Vegetable Frittata	
	served with	Pasta Broccoli & Carrots	Pasta Carrots & Sweetcorn	Rainbow Rice Cauliflower & Peas	
ū	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	
두	Dessert	Lemon Cake	Chelsea Buns	Marble Sponge	
		Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	Fruit Jelly or Fresh Fruit	
	Option 1	Fish Fingers	Fish Bites	Fish Fingers	
	Option 2	*Cneese Pizza	Veggie Nuggets		
da)	served with	Skin on Fries or Pasta Baked Beans & Sweetcorn	Skin on Fries or Pasta Baked Beans & Peas	Skin on Fries or Pasta Peas & Sweetcorn	
Friday	Option 3	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	Jacket Potato with *Cheese & Beans	
ш.	Dessert	Cooks Choice	Cooks Choice	Cooks Choice	
VEGETARIAN	Suitable for Vegetarians		All items are subject to availability		
Suitable for Vegans & Vegetarians		ans & Vegetarians	All Items with * can be made Vegan Friendly		
VEGAN	Contains Fish		www.wholeschoolmeals.co.uk		
VEGAN	Contains Fish			polmonis co uk	