



REAL FOOD FOR REAL ENERGY

Menu- Dairy Free - October 2025 - March 2026

| | | Week One 27/10, 17/11, 08/12, 09/01, 26/01, 23/02, 16/03 | Week Two 03/11, 24/11, 12/01, 02/02, 02/03, 23/03 | Week Three 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 Mixed Vegetables | Pasta Peas & Sweetcorn | Garlic Dough Balls Mixed Vegetables |
| | Option 3 | Jacket Potato with Beans | Jacket Potato with Beans | Jacket Potato with Beans |
| | Dessert | Fresh Fruit Salad Fruit Jelly or Fresh Fruit | Fresh Fruit Salad Fruit Jelly or Fresh Fruit | Fresh Fruit Salad Fruit Jelly or Fresh Fruit |
| Tuesday | Option 1 | Beef Tacos (Omit Cheese) | Chicken Tacos (Omit Cheese) | Mexican Beef Wrap |
| | Option 2 | Veggie Burrito | Sweet Potato & Spinach Dhal | Veggie Tacos |
| | served with | Vegetable Rice Carrots & Green Beans | Savoury Rice Broccoli & Mixed Vegetables | Pasta Carrots & Peas |
| | Option 3 | Jacket Potato with Beans | Jacket Potato with Beans | Jacket Potato with Beans |
| Wednesday | Dessert | Carrot Cake Fruit Jelly or Fresh Fruit | Chocolate Cake Fruit Jelly or Fresh Fruit | Iced Cookie Bun Fruit Jelly or Fresh Fruit |
| | Option 1 | Roast Chicken, Stuffing & Gravy Chickpea & Vegetable Tart | Roast Pork & Gravy Veggie Meatloaf | Sausages & Gravy Quorn Sausage & Gravy |
| | Option 2 | Skin on Roast Potatoes Swede & Sweetcorn | Skin on Roast Potatoes Cabbage & Peas | Mashed Potato Sweetcorn & Baked Beans |
| | served with | Jacket Potato with Beans | Jacket Potato with Beans | Jacket Potato with Beans |
| Thursday | Dessert | Shortbread Fruit Jelly or Fresh Fruit | Shrewsbury Biscuit Fruit Jelly or Fresh Fruit | Oat Cookie Fruit Jelly or Fresh Fruit |
| | Option 1 | Pork Meatballs Meatless Meatballs | Beef Bolognese Veggie Bolognese | Curried Chicken Chunks |
| | Option 2 | Pasta Broccoli & Carrots | Pasta Carrots & Sweetcorn | Rainbow Rice Cauliflower & Peas |
| | served with | Jacket Potato with Beans | Jacket Potato with Beans | Jacket Potato with Beans |
| Friday | Dessert | Lemon Cake Fruit Jelly or Fresh Fruit | Chelsea Buns Fruit Jelly or Fresh Fruit | Marble Sponge Fruit Jelly or Fresh Fruit |
| | Option 1 | Fish Fingers | Fish Bites Veggie Nuggets | Fish Fingers |
| | Option 2 | Skin on Fries or Pasta Baked Beans & Sweetcorn | Skin on Fries or Pasta Baked Beans & Peas | Skin on Fries or Pasta Peas & Sweetcorn |
| | served with | Jacket Potato with Beans | Jacket Potato with Beans | Jacket Potato with Beans |
| | Dessert | Cooks Choice | Cooks Choice | Cooks Choice |
| | | | All items are subject to availability | |
| | | | All Items with * can be made Vegan Friendly | |
| | | | www.wholeschoolmeals.co.uk | |