



## SALAD BAR

Vibrant, fresh and seasonal salad everyday



# PRIMARY MENU

## AUTUMN 2026

SEPTEMBER - DECEMBER

| WEEK 2                | MONDAY                                                  | TUESDAY                                                   | WEDNESDAY                                               | THURSDAY                                          | FRIDAY                                                  |
|-----------------------|---------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------|---------------------------------------------------------|
| MAIN COURSE           | STIR FRY RICE                                           | MEXICAN CHICKEN                                           | ROAST DINNER                                            | CHICKEN CURRY                                     | FISH OF THE DAY                                         |
|                       | Quorn Fried Rice with Rainbow Vegetables                | Fajita Seasoned Chicken & Mixed Peppers in a Tomato Sauce | Roasted Ham                                             | Chicken, Sweet Potato & Carrot Curry              | Breaded Fish Cake                                       |
| MEAT FREE MAIN COURSE | ---                                                     | MEXICAN QUORN                                             | MEAT FREE ROAST                                         | CAULI CURRY                                       | VEGGIE BITES                                            |
|                       | ---                                                     | Fajita Seasoned Quorn & Mixed Peppers in a Tomato Sauce   | Crispy Cauliflower Grill                                | Cauliflower, Sweet Potato & Carrot Curry          | Crispy Spinach Bites                                    |
| Sides                 | Corn Ribs                                               | Steamed Rice & Sweetcorn                                  | Roast Potatoes, Carrots & Gravy                         | Steamed Rice & Broccoli                           | Potato Wedges & Sweetcorn                               |
|                       | Jacket Potato with Pasta Hoops in Tomato Sauce & Cheeze | Fusilli Pasta with Homemade Tomato Sauce & Cheeze         | Jacket Potato with Pasta Hoops in Tomato Sauce & Cheeze | Fusilli Pasta with Homemade Tomato Sauce & Cheeze | Jacket Potato with Pasta Hoops in Tomato Sauce & Cheeze |
| ALTERNATIVE MAIN      |                                                         |                                                           |                                                         |                                                   |                                                         |
|                       |                                                         |                                                           |                                                         |                                                   |                                                         |
| OR                    |                                                         |                                                           |                                                         |                                                   |                                                         |
|                       |                                                         |                                                           |                                                         |                                                   |                                                         |
| FRESH FRUIT           | Honeydew Melon Wedge                                    | Watermelon Slice                                          | Fresh Fruit Salad                                       | Mango Chunks                                      | Pineapple Sticks                                        |
|                       | Avocado & Peppers or Cheeze Salad Sub                   | Coronation Chicken or Cream Cheeze & Chive Sub            | Chicken Mayo & Sweetcorn or Cheeze & Cucumber Bun       | Avocado & Peppers Sub                             | Ham Salad or Cheeze Mix & Tomato Sub                    |
| Packed LUNCH          | Cucumber Sticks, Fruit Jelly & Satsuma                  | Carrot Sticks, Oaty Raspberry Bar & Apple                 | Pepper Sticks, Fruit Jelly & Satsuma                    | Carrot Sticks, Oaty Raspberry Bar & Apple         | Cucumber Sticks, Fruit Jelly & Satsuma                  |

DATES: 7TH SEPTEMBER | 28TH SEPTEMBER | 19TH OCTOBER | 9TH NOVEMBER | 30TH NOVEMBER | 21ST DECEMBER

