



AUTUMN/WINTER MENU 2026



Our school meals at a glance

We believe school meals should be nutritious, varied and enjoyable
– helping every child feel fuelled, focused and ready to learn.

KEY FOCUSES HAVE INCLUDED

Elevated
mid-week
roast

Increased
variety of
seasonal
vegetables

Continued
incorporation of fibre:
beans, pulses and
lentils across the menu

Hearty autumn
dishes and
warming desserts

Delicious new
plant-based
options



TRIED, TESTED, THUMBS UP

Tasty, adventurous, but also familiar.
All dishes are tried, tested and given the
thumbs up by the real critics: the pupils.



DISH NUTRITION

PIZZA

Extra nutrition:

- Dairy provides **source of calcium**
- **Added fibre** to the pizza base
- Served with **2 of their 5 a day**

SUSTAINABILITY: PLANT BASED



CHEWY MUESLI FRUIT BAR

Extra nutrition:

- **Fruit based dessert**
- Includes a **source of fibre**
- **1 of their 5 a day**

SUSTAINABILITY: PLANT BASED



TASTY

LASAGNE

Extra nutrition:

- Vegetables packed **full of vitamins, minerals and fibre**
- **1 of their 5 a day**
- Added lentils provide a **source of fibre**

SUSTAINABILITY: PLANT FORWARD



APPLE AND BERRY CRUMBLE

Extra nutrition:

- **Fruit based dessert**
- Includes a **source of fibre**
- **1 of their 5 a day**

SUSTAINABILITY: PLANT BASED



SMALL INGREDIENTS, BIG IMPACT

FRESH!

Beans and pulses are nutritional powerhouses, packed with fibre, rich in plant based protein and surprisingly versatile. You'll find them woven throughout our autumn and winter menus, adding flavour, texture and a serious nutritional boost to both savoury and sweet dishes.



JACKET POTATO WITH BEAN AND VEGETABLE CHILLI

Extra nutrition:

- Variety of vegetables making up **2 of their 5 a day**.
- Red kidney beans **provide plant based protein**.

**SUSTAINABILITY:
PLANT BASED**



CHINESE VEGETABLE NOODLES / RICE

Extra nutrition:

- Soya beans provide **plant-based protein**.
- Vegetables packed **full of vitamins, minerals and fibre**.

**SUSTAINABILITY:
PLANT BASED**

SWEET POTATO AND LENTIL CURRY

Extra nutrition:

- Vegetables packed **full of vitamins, minerals and fibre**.
- **2 of their 5 a day**.

**SUSTAINABILITY:
PLANT BASED**

Part of the Big Bean Boost

We are supporting Veg Power and The Food Foundation's initiative to get kids eating more beans, legumes and pulses for healthy eating and sustainability.



FLAVOUR



FULLY COMPLIANT, FULLY DELICIOUS

Not only are our dishes nutritious, flavourful and exciting, they're also fully compliant with school food standards.

FOOD GROUP	SCHOOL FOOD STANDARDS	OUR PROMISE
STARCHY FOOD	One or more portions every day	✓
	One or more wholegrain varieties each week	✓
	Cooked in fat/oil no more than two days each week	✓
FRUIT AND VEGETABLES	One or more portions of fruit and vegetables every day	✓
	A dessert containing at least 50% fruit two or more times a week	✓
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY PROTEIN SOURCES	A portion of meat or poultry on three or more days each week	✓
	For vegetarians, a portion of non-dairy protein three or more days a week	✓
MILK AND DAIRY	A portion of milk and dairy every day	✓
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated	✓
	No more than two portions of food that includes pastry each week	✓
HEALTHIER DRINKS	Free, fresh drinking water easily available	✓