

week 1

meal plan



Monday

Sweet Potato &
lentil curry
with Naan
G, C

dinner

Quesadillas
& Salad
G, M

Tuesday

Broccoli fishcakes
with rice & peas
F

dinner

Macaroni cheese
& peas
G, M

Wednesday

Curried Lentil Soup
wraps/sandwiches
G, C, M, Mu

dinner

Sausage Rolls
mash & beans
G, C

Thursday

Seasonal Soup
& sandwiches
M, G, C, Mu

dinner

Chicken goujons
curry mayo dip &
Garlic Bread/salad
G, Mu

Friday

Bolognaise Cobbler
& mixed vegetables
G, C

dinner

Fishfingers
Diced potatoes & peas
F

allergens

G - Gluten
E - Egg
Su - Sulphur Dioxide
M - Milk
F - Fish
C - Celery
S - Soya
Mu - Mustard

Last Updated

13/10/2025

weeks commencing

20/10/2025

Next Review

10/11/2025

Date

01/01/2026

01/12/2025



week 2

meal plan



Monday

Hidden Vegetable
Pasta & sweetcorn

G, C

dinner

Sweet Potato and
Chickpea Burgers
with Salad

G, C

Tuesday

Chicken or veg
Chasni Curry
with rice

dinner

Peri Peri
Chicken/Veg wraps

G, Su

Wednesday

seasonal soup,
sandwiches or wraps

G, C, M, Mu

dinner

Tomato & Basil risotto
Green Beans

C, Su

Thursday

Seasonal Soup
wraps/sandwiches

G, C, M, Mu

dinner

Sausages
Mash & Beans

Su, G

Friday

Chicken, ham & Leek
pie
carrots

G, M, C

dinner

Homemade Pizza
& salad

G, M

allergens

G - Gluten

E - Egg

Su - Sulphur Dioxide

M - Milk

F - Fish

C - Celery

S - Soybeans

Mu - Mustard

Last Updated

13/10/2025

Next Review

Date

01/01/2026

weeks commencing

27/10/2025

17/11/2025

08/12/2025



week 3 meal plan



Monday

Cottage Pie
& vegetables

C

dinner

Sweet Chilli Pasta
Sweetcorn

G

Tuesday

Vegetable Chilli
& rice

Su, C

dinner

Veg Pasta Bake
with Green Beans

G, M, C

Wednesday

Seasonal Soup
& Sandwiches*

G, C, M, Mu

dinner

Pizza / vegan Pizza
Peas & fried rice

G, M

*Dairy Free version available

Thursday

Seasonal Soups
wraps/sandwiches

G, C, M, Mu

dinner

Macaroni Cheese
& peas

M, G

Friday

Fish Pie
& mixed vegetables*

G, C, F, M

dinner

Baked Potato
Cheese/beans/ham

M, Su

allergens

G - Gluten

E - Egg

Su - Sulphur Dioxide

M - Milk

F - Fish

C - Celery

S - Soybeans

Mu - Mustard

*Dairy Free version available

Last Updated

13/10/2025

Next Review
Date

01/01/2026

weeks commencing

13/10/2025

03/11/2025

24/11/2025

15/12/2025

