





































































































































































































































































































































































































































Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Whole meal toast	Summer Fruit selection	Toasted muffins	Summer Fruit selection	Whole meal toast
<i>Allergens/Nutrition</i>	M, CCG, So 		M,CCG, So 		M,CCG, So 
Lunch	Cheesy Macaroni with cauliflower and peas	Homemade beef burgers, potato salad and salad	Jacket potato and tuna with homemade coleslaw	Italian meatballs in a tomato sauce and spaghetti and garlic bread	Chicken tikka, rice and pitta
<i>Allergens/Nutrition</i>	M,CCG    	CCG,C, E   	M, E, F   	M,CCG,C,F    	M,CCG    
Meat free lunch	As above	Meat free burger with potato salad and salad	Jacket potato with cheese and homemade coleslaw	Vegetarian meatballs in a tomato sauce with spaghetti and garlic bread	Meat free tikka with rice and pitta
<i>Allergens/Nutrition</i>	M,CCG   	CCG,C, E   	M, E   	M,CCG,C,    	M,CCG    
Free From Lunch	Dairy & Gluten free cheesy macaroni with cauliflower and peas	Homemade burger with potato salad and salad	Jacket potato with plant based cheese and homemade coleslaw	Italian meatballs with gluten free pasta in a nut free pesto, with garlic bread	Tikka, rice and gluten free pitta
<i>Allergens/Nutrition</i>	   	  	  	  	  
Pudding	Peach puree with Greek yoghurt	Homemade rice pudding and jam	Grapes and yoghurt	Fruit salad and ice cream	Apricot flapjack
<i>Allergens/Nutrition</i>	M   	M  	M  	M  	M, Sd  
Snack	Vegetable sticks with hummus	Fruit loaf	Watermelon slices	Crackers and cheese	Banana
<i>Allergens/Nutrition</i>	CCG  	M,CCG   		CCG,M   	
Tea	Sardines on toast	Vegetable pasta salad	Cheese wraps and cucumber	Beans on toast	Ham sandwiches and carrot and pepper sticks
<i>Allergens/Nutrition</i>	M, CCG, F, So    	CCG,M,F,E   	M,CCG, So    	CCG,M    	CCG,M, So    
Pudding	Satsuma	pineapple	Banana	Grapes	Kiwi and blueberries
<i>Allergens/Nutrition</i>					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Whole meal toast	Summer Fruit selection	Toasted bagels	Summer Fruit selection	Whole meal toast
<i>Allergens/Nutrition</i>	M, CCG, So 		M, CCG 		M, CCG, So 
Lunch	Cheese and onion potato skins with salad and homemade coleslaw	Chicken lentil and spinach curry with rice and salad	Spaghetti carbonara and garlic bread	Tangy chicken salsa, crispy potatoes and coleslaw	Fishfingers, mash potato and peas
<i>Allergens/Nutrition</i>	M, CCG,    	CCG, C, M    	M, E, CCG, So    	M, CCG, C, F    	M, CCG, F    
Meat free lunch	As above	Chickpea, lentil and paneer curry with rice and salad	Mushroom carbonara and garlic bread	Tangy Quorn salsa with crispy potatoes and coleslaw.	Vegetable fingers, mash potato and peas
<i>Allergens/Nutrition</i>	M, CCG, C    	CCG, C, M    	M, E, CCG, So    	M, CCG, C,    	M, CCG    
Free From Lunch	Plant based cheese and onion potato skins with egg free coleslaw	Chicken, lentil and spinach curry with rice and salad	Spaghetti carbonara and free from garlic bread	Tangy chicken salsa with crispy potatoes and egg free coleslaw	Free from fish fingers, mash potato and peas
<i>Allergens/Nutrition</i>	   	  	  	  	  
 pudding	Grapes and yoghurt	Ice cream and wafers	pears and cream	Homemade peach melba crumble	Homemade lemon cake
<i>Allergens/Nutrition</i>	M   	M, CCG  	CCG, M   	M, CCG,    	M, E  
Snack	Melon	Homemade scones and lemon curd	Banana loaf	Crackers and cheese	Apple
<i>Allergens/Nutrition</i>		M, CCG, E    		CCG, M   	
Tea	Veggie sausage sandwiches	Tuna and sweetcorn pitta pockets with cucumber	Rice cakes with ham and cream cheese	Beans and cheese toasties with cherry tomatoes	Cream cheese bagels with pepper sticks
<i>Allergens/Nutrition</i>	M, CCG, F, So    	CCG, M, F, So, M    	M    	CCG, M    	M    
 pudding	Satsuma	pineapple	Grapes	Watermelon slices	Banana
<i>Allergens/Nutrition</i>					

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Whole meal toast	Summer Fruit selection	Toasted teacakes	Summer Fruit selection	Whole meal toast
<i>Allergens/Nutrition</i>	M, CCG, So 		M, CCG, So 		M, CCG, So 
Lunch	Veggie bean chilli and rice	Spanish chicken with roasted vegetable couscous	Turmeric chicken curry and rice with naan bread	Roasted vegetable pizza, peas and sweetcorn	Tuna pasta bake with courgette, broccoli and tomato
<i>Allergens/Nutrition</i>	C    	CCG, C   	M, CCG,    	M, CCG, C    	M, CCG, F    
Meat free lunch	As above	Spanish meat free fillets with roasted vegetable couscous	Turmeric chickpea and vegetable curry with rice and naan bread	Roasted vegetable pizza, peas and sweetcorn	Vegetable and lentil pasta bake with courgetti, broccoli and tomato
<i>Allergens/Nutrition</i>	C    	CCG, M   	M, CCG    	M, CCG, C,    	M, CCG    
Free From Lunch	As above	Spanish chicken with roasted vegetable couscous	Turmeric chicken curry and rice with naan bread	Roasted vegetable gluten free pizza, peas and sweetcorn	Gluten free Tuna pasta bake with courgette, broccoli and tomato
<i>Allergens/Nutrition</i>	   	  	  	   F	  
 pudding	Fruit salad and cream	Berry yoghurt bark	Apple cake and custard	Homemade rice pudding and apricot jam	Peaches and natural yoghurt
<i>Allergens/Nutrition</i>	M   	M   	CCG, M, E   	M, CCG,    	M,  
Snack	apple	Breadsticks and hummus	pears	Fruit loaf	Crackers and cheese
<i>Allergens/Nutrition</i>		M, CCG, E, SS    		CCG, M   	CCG, M  
Tea	Cream cheese and cucumber sandwiches	Hidden veg with lentils and tomato muffin	Hawaiian rice salad	Fish finger sandwiches	Ham wraps with cucumber sticks
<i>Allergens/Nutrition</i>	M, CCG, So    	CCG, M, So, M    	   	CCG, M, F, So    	CCG, M    
 pudding	Kiwi and blueberries	pineapple	bananas	satsumas	Grapes
<i>Allergens/Nutrition</i>					

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	Whole meal toast	Summer Fruit selection	Toasted muffins	Summer Fruit selection	Whole meal toast
<i>Allergens/Nutrition</i>	M, CCG, So  		M, CCG, So  	M, CCG, So 	
Lunch	Vegetable Lasagna, garlic bread and salad	Fish Fingers, beans and potato wedges	Kebabs with pitta, sour cream dip and rice	Chicken and vegetable stir fry with noodles	Jacket potatoes, beans and salad
<i>Allergens/Nutrition</i>	M, CCG,    	CCG, C, F   	M, E, CCG   	M, CCG, C,    	  
Meat free lunch	As above	Vegetable fingers, beans and wedges	Vegetable kebabs with pitta, sour cream dip and rice	Vegetable stir fry with noodles	Jacket potatoes, beans and salad
<i>Allergens/Nutrition</i>	M, CCG, C   	CCG, C, M   	M, E, CCG   	M, CCG, C,    	  
Free From Lunch	Dairy and gluten free vegetable Lasagna, garlic bread and salad	Fish Fingers, beans and potato wedges	Kebabs with gluten free pitta, dairy free sour cream dip and rice	Chicken and vegetable stir fry with gluten free rice noodles	Jacket potatoes, beans and salad
<i>Allergens/Nutrition</i>	   	F   	  	  	  
 pudding	Natural yogurt and banana	Homemade rice pudding and jam	Apple cake	Peaches and cream	Ice cream with berries
<i>Allergens/Nutrition</i>	M   	M  	CCG, M, E  	M  	M,   
Snack	Homemade biscuits	Cheese and crackers	Watermelon slices	Spinach loaf	Banana
<i>Allergens/Nutrition</i>	CCG, M,   	M, CCG   		CCG, M, E   	
Tea	Cheese sandwiches with pepper sticks	Sardines and toast	Tuna mayonnaise sandwiches and carrot sticks	Bagels with cream cheese and cucumber sticks	Ham sandwiches and cherry tomatoes
<i>Allergens/Nutrition</i>	M, CCG, So    	CCG, F, So   	M, CCG, So    	CCG, M,    	CCG, M, So    
 pudding	Satsuma	Pears	Banana	Grapes	Melon
<i>Allergens/Nutrition</i>					



Dietary and Allergy Guidance for Summer Menus 2026



Nutritional guidance key		Nutritional recommendations
	Fruits and vegetables	At least one portion per main meal and as part of some snacks. Provide a variety of fruits and vegetables throughout the week.
	Starchy carbohydrates	One portion per main meal and at least once per day for snack. Provide at least 3 different types of starchy foods and a variety of wholegrain and white starchy foods across all main meals each week.
	Dairy/fortified plant based alternatives	3 portions of milk and dairy foods (or dairy alternatives) each day.
	Proteins	1 portion of protein as part of lunch and tea each day. Provide at least one lunch and 1 tea for children each week using beans, lentils or pulses.

Allergens key covering the main 14 allergens	
M	Milk
C	Celery
CCG	Cereals containing gluten
Cr	Crustaceans
E	Eggs
F	Fish
L	Lupin
Mo	Molluscs
Mu	Mustard
N	Nuts
P	Peanuts
SS	Sesame Seeds
So	Soya
Sd	Sulphur Dioxide

Salt and sugar—all meals are prepared fresh each day and we ensure all meals are low in salt and sugar. Homemade cakes and biscuits are made using low sugar recipes.