

MENU

WEEK ONE AUTUMN 1 2025

Monday

Morning Snack

Easy Peelers

Main Meal - Mac 'n' cheese with a choice of toppings, including parmesan cheese, tomatoes, crispy onions, roasted butternut squash & spinach

Pudding

'Boost It' Flapjack

Tuesday

Morning Snack

'Waste Knot' Pear Wedges

Main Meal - Vegetable chilli & nachos with yoghurt and broccoli

Pudding

'Boost It' Dark chocolate & black bean brownie

Wednesday

Morning Snack- Oat, raisin & cinnamon cookie

Main Meal - Butter chicken or vegetable curry with rice, naan bread, minted yoghurt & cauliflower

Pudding

'Boost It' Lemon drizzle loaf

Thursday

Morning Snack- Orange Wedges

Main Meal - Roasted root vegetable wellington made with fresh herbs and puffy pastry

Pudding

'Boost It' crumble bar

MENU

WEEK TWO AUTUMN 1 2025

Monday

Morning Snack

'Waste Knot' Apple Wedges

Main Meal - Jacket potato with choice of toppings including baked beans, grated cheese, lentil dhal, spring onions, coleslaw & crispy onions

Pudding

'Boost It' Banana Loaf

Tuesday

Morning Snack

Pumpkin, date & oat bars

Main Meal - Vegetable lasagne with garlic bread & mixed salad

Pudding

'Boost It' Victoria sponge

Wednesday

Morning Snack

Easy Peelers

Main Meal - Turkey or mushroom & lentil meatballs in tomato sauce with pasta, peas & sweetcorn

Pudding

'Boost It' Carrot cake

Thursday

Morning Snack

Cheese scone

Main Meal - Tofu and broccoli stir fried vegetables with sweet chilli sauce

Pudding

'Boost It' Apricot & mixed seed flapjack

MENU

WEEK THREE AUTUMN 1 2025

Monday

Morning Snack
Orange Wedges

Main Meal - Penne pasta with tomato
& lentil sauce with garlic bread &
rocket salad

Pudding
'Boost It' Lemon shortbread

Tuesday

Morning Snack
'Waste Knot' Apple Wedges

Main Meal - Mixed bean tacos with
guacamole, sour cream and salsa

Pudding
'Boost It' Sweet potato & chocolate

Wednesday

Morning Snack
Oat & cranberry cookie

Main Meal - Shepherd's pie or
Shepherdess pie with sweet potato
mash topping

Pudding
'Boost It' Citrus & apple cake

Thursday

Morning Snack
Berry and banana smoothie

Main Meal - Vegetable korma with
rice, garlic naan bread and mango
chutney

Pudding
'Boost It' Berry and coconut traybake