

NATIONAL SCHOOL

MEALS WEEK

10th-14th November

Autumn/Winter Menu 2025/26 Week 2	Cooking Together Monday	Nutrition Tuesday (FDA)	Community Wednesday (FDA)	Enviromental Thursday	Social Friday
CHOICE 1	Crispy Nuggets Wrap with Spicy Diced Potatoes (ve)	Tangy Tomato & Pepper Pasta (ve)	Country Garden Goujons with Roasted Potatoes and Gravy (ve)	Spinach and Ricotta Tortellini in a Creamy Tomato Sauce (v)	Mac & Cheese (v)
CHOICE 2	Homemade Cheddar & Sweetcorn Quiche (v) with Spicy Diced Potatoes	Spicy Meatballs in a Creamy Tomato Sauce with Italian Rice	Roasted Lemon Chicken with Roasted Potatoes and Gravy	Beef Bolognese with Wholewheat Spaghetti	MSC Golden Crumb Fish Fingers (df) served with a Lemon Twist with Oven Chipped Potatoes
CHOICE 3	Oven Baked Jacket Potato with Baked Beans (ve) Cheese (v) or Coleslaw(ve)	Oven Baked Jacket Potato with Baked Beans (ve) or Coleslaw (ve)	Oven Baked Jacket Potato with Baked Beans (ve) or Coleslaw (ve)	Oven Baked Jacket Potato with Baked Beans (ve) Cheese (v) or Coleslaw(ve)	Oven Baked Jacket Potato with Baked Beans (ve) Cheese (v) or Tuna
Vegetables	Fresh Seasonal Broccoli(ve) Sweetcorn (ve)	Fresh Seasonal Organic Carrots (ve) Green Beans (ve)	Rainbow Roasted Veggies (ve)	Local Cauliflower from Kent (ve) Local Organnic Carrots from Cambridgeshire (ve)	Baked Beans (ve) Sweetcorn (ve)
Salads	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (ve)	Salad Selection (ve)
Desserts	Iced Sponge Cake with Sprinkles (v) and Custared (ve) (v)	Fruit Smoothie (ve)	Fruit Jelly Pot (ve)	Oaty Apple Crumble (ve) and Custard (ve)(v)	Chocolate Cracknel (v) & Custard(ve)(v)
DAILY	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit (ve)	Fresh Fruit Salad (ve)	Fresh Fruit Salad (ve)	Fresh Fruit Salad (ve)	Organic Fruit Yogurt (v) with Seasonal Fresh Fruit (ve)
DAILY	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit (ve)	Seasonal Fresh Fruit(ve)	Seasonal Fresh Fruit (ve)
Bread	Homemade Wholemeal Bread (v)	Homemade Bread (ve)	Homemade Bread (ve)	Homemade Bread (v)	Homemade Garlic and Rosemary Focaccia (v)