

## MERTON COURT SCHOOL LUNCHES – AUTUMN/SPRING 2025/2026

*All meals are cooked fresh on the premises daily. Many dishes include hidden vegetables so the children are eating more than they think!*

### WEEK 1

<b><u>MEAT-FREE MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<i>Cheese &amp; Tomato Pizza</i>	<i>Stir fry Chicken &amp; Vegetable Noodles ~ Stir fry Vegetable Noodles</i>	<i>Locally-produced Pork Sausages with Gravy  ~ Plant-based Sausages with Gravy</i>	<i>Chicken Tikka Curry ~ Vegetable Tikka Curry</i>	<i>Cod Fish Fingers ~ Fishless Fingers</i>
<i>Steamed Sweetcorn</i>		<i>Creamy Mashed Potato &amp; Steamed Cabbage</i>	<i>Steamed Rice</i>	<i>Baked Potato Wedges &amp; Garden Peas</i>
<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>
<i>Flapjack ~ Fresh Fruit / Yoghurt</i>	<i>Blueberry Muffin ~ Fresh Fruit / Yoghurt</i>	<i>Iced Vanilla Sponge ~ Fresh Fruit / Yoghurt</i>	<i>Jam Tart &amp; Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Chocolate Sponge &amp; Chocolate Custard ~ Fresh Fruit / Yoghurt</i>

**Our freshly-prepared salad bar includes:** Continental lettuce leaves, homemade crunchy coleslaw, Merton Court salad, homemade potato salad, carrot, sliced tomatoes, cucumbers, onions, olives & peppers.

**Wholemeal bread with butter is available at all meals.**

**All children are encouraged to have salad as part of their meal.**

**Fresh water is available for children to drink in EY/J1 throughout the day**

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### WEEK 2

<b><u>MEAT-FREE MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
Tomato & Cheese Pasta Bake	Chicken & Leek Pie ~ Leek & Potato Pie	Chilli con Carne ~ Vegetarian Chilli	Cowboy Casserole ~ Vegetarian Cowboy Casserole	Oven Baked Cod ~ Vegetable Nuggets
Steamed Medley of Vegetables	New Potatoes & Steamed Broccoli	Steamed Rice	Creamy Mashed Potato	Oven Baked Chips & Garden Pean
Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar
Rocky Road ~ Fresh Fruit / Yoghurt	Apple Crumble & Creamy Custard ~ Fresh Fruit / Yoghurt	Sticky Toffee Pudding & Creamy Custard ~ Fresh Fruit / Yoghurt	Cherry Pie & Creamy Custard ~ Fresh Fruit / Yoghurt	Iced Marble Sponge ~ Fresh Fruit / Yoghurt

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### WEEK 3

<b><u>MEAT-FREE MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>
<i>Jacket Potatoes with Vegetable Curry</i>	<i>Sweet &amp; Sour Chicken ~ Sweet &amp; Sour Vegetables</i>	<i>Roast of the Week ~ Vegan Roast</i>	<i>Creamy Carbonara with Peas ~ Creamy Vegetarian Carbonara with Peas</i>	<i>Cottage Pie ~ Vegetarian Cottage Pie</i>
<i>Baked Beans</i>	<i>Steamed Rice</i>	<i>Roast Potatoes, Green Beans &amp; Sliced Carrots</i>	<i>Steamed Broccoli</i>	<i>Steamed Peas &amp; Carrots</i>
<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	<b>NO SALAD BAR</b>	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>
<i>Smartie Cookie ~ Fresh Fruit / Yoghurt</i>	<i>Fruit Jelly ~ Fresh Fruit / Yoghurt</i>	<i>Lemon Drizzle Cake ~ Fresh Fruit / Yoghurt</i>	<i>Apple &amp; Cinnamon Sponge &amp; Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Creamy Rice Pudding ~ Fresh Fruit / Yoghurt</i>

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