

MERTON COURT SCHOOL LUNCHES – SUMMER 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

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Cheese & Herb Puff Pastry Pinwheels</i>	<i>Teriyaki Chicken ~ Teriyaki Roasted Vegetables</i>	<i>Spaghetti Bolognaise ~ Vegetable Spaghetti Bolognaise</i>	<i>Lemon & Herb Roasted Chicken ~ Lemon & Herb Roasted Vegetables</i>	<i>Oven-Baked Cod ~ Breaded Vegetable Fingers</i>
<i>New Potatoes & Medley of Vegetables</i>	<i>Egg Fried Rice</i>		<i>Creamy Mashed Potato & Steamed Broccoli</i>	<i>Oven-Baked Chips & 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>Assorted Ice Cream ~ Fresh Fruit / Yoghurt</i>	<i>Chocolate Sponge & Chocolate Custard ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Shortbread ~ Fresh Fruit / Yoghurt</i>	<i>Iced Vanilla Sponge ~ Fresh Fruit / Yoghurt</i>	<i>Vanilla Bakewell Tart & Creamy Custard ~ Fresh Fruit / Yoghurt</i>

Our freshly-prepared salad bar includes: Continental lettuce leaves, homemade crunchy coleslaw, homemade potato salad, olives, tomatoes, sliced cucumbers, sliced onions or sweetcorn.

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

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Jacket Potato with Vegetable Chilli</i>	<i>Pork Meatballs with Herb Gravy ~ Vegan Meatballs with Herb Gravy</i>	<i>Chicken Katsu Curry ~ Quorn Katsu Curry</i>	<i>100% Beef Burger in a Bun ~ Plant-Based Burger in a Bun</i>	<i>Cajun Chicken Pasta Bake ~ Cajun Vegetable Pasta Bake</i>
<i>Baked Beans</i>	<i>Creamy Mashed Potato, Peas & Sweetcorn</i>	<i>Steamed Rice & Steamed Broccoli</i>	<i>Oven-Baked Potato Wedges</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>Rice Krispie Squares ~ Fresh Fruit / Yoghurt</i>	<i>Biscoff Traybake ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Creamy Trifle ~ Fresh Fruit / Yoghurt</i>	<i>Apple Pie & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Chocolate Brownie ~ Fresh Fruit / Yoghurt</i>

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WEEK 3

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Macaroni Cheese ~ Tomato & Basil Pasta	Locally Produced Sausages ~ Plant Based Sausages	Mexican Chicken Fajitas ~ Mexican Vegetable Fajitas	Lasagne Al Forno ~ Vegetable Lasagne Al Forno	Homemade Breaded Goujons ~ Vegetable Nuggets
	Cheddar Mashed Potato & Baked Beans	Vegetable Savoury Rice	Steamed Broccoli	Oven Baked Wedges & Garden Peas
Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar
Flapjack ~ Fresh Fruit / Yoghurt	Carrot Cake ~ Fresh Fruit / Yoghurt	Chocolate Tiramisu ~ Fresh Fruit / Yoghurt	Lemon Curd Sponge & Creamy Custard ~ Fresh Fruit / Yoghurt	Fruit Jelly ~ Fresh Fruit / Yoghurt

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