

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>Homemade Shortbread ~ Fresh Fruit / Yoghurt</i>	<i>Chocolate Sponge & Chocolate Custard ~ 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.**

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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>Apple Pie & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Biscoff Traybake ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Creamy Trifle ~ Fresh Fruit / Yoghurt</i>	<i>Rice Krispie Squares ~ 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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