

## MERTON COURT SCHOOL LUNCHES – AUTUMN 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><b>MEAT-FREE MONDAY</b></u>                            | <u><b>TUESDAY</b></u>                                             | <u><b>WEDNESDAY</b></u>                                                  | <u><b>THURSDAY</b></u>                                                                        | <u><b>FRIDAY</b></u>                                                                |
|-----------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <i>Cheese &amp; Herb Puff<br/>Pastry Pinwheels</i>        | <i>Teriyaki Chicken<br/>~<br/>Teriyaki Roasted<br/>Vegetables</i> | <i>Spaghetti Bolognaise<br/>~<br/>Vegetable Spaghetti<br/>Bolognaise</i> | <i>Lemon &amp; Herb Roasted<br/>Chicken<br/>~<br/>Lemon &amp; Herb Roasted<br/>Vegetables</i> | <i>Oven-Baked Cod<br/>~<br/>Breaded Vegetable<br/>Fingers</i>                       |
| <i>New Potatoes &amp; Medley<br/>of Vegetables</i>        | <i>Egg Fried Rice</i>                                             |                                                                          | <i>Creamy Mashed Potato &amp;<br/>Steamed Broccoli</i>                                        | <i>Oven-Baked Chips &amp;<br/>Garden Peas</i>                                       |
| <i>Freshly-prepared<br/>Salad Bar</i>                     | <i>Freshly-prepared<br/>Salad Bar</i>                             | <i>Freshly-prepared<br/>Salad Bar</i>                                    | <i>Freshly-prepared<br/>Salad Bar</i>                                                         | <i>Freshly-prepared<br/>Salad Bar</i>                                               |
| <i>Assorted Ice Cream<br/>~<br/>Fresh Fruit / Yoghurt</i> | <i>Homemade Shortbread<br/>~<br/>Fresh Fruit / Yoghurt</i>        | <i>Fresh Fruit</i>                                                       | <i>Iced Vanilla Sponge<br/>~<br/>Fresh Fruit / Yoghurt</i>                                    | <i>Chocolate Sponge &amp;<br/>Chocolate Custard<br/>~<br/>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

| <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 Potato with<br/>Vegetable Chilli</i>                            | <i>Pork Meatballs with Herb<br/>Gravy<br/>~<br/>Vegan Meatballs with<br/>Herb Gravy</i> | <i>Chicken Katsu Curry<br/>~<br/>Quorn Katsu Curry</i> | <i>100% Beef Burger in a<br/>Bun<br/>~<br/>Plant-Based Burger in a<br/>Bun</i> | <i>Cajun Chicken Pasta<br/>Bake<br/>~<br/>Cajun Vegetable Pasta<br/>Bake</i> |
| <i>Baked Beans</i>                                                        | <i>Creamy Mashed Potato,<br/>Peas &amp; Sweetcorn</i>                                   | <i>Steamed Rice &amp;<br/>Steamed Broccoli</i>         | <i>Oven-Baked Potato<br/>Wedges</i>                                            |                                                                              |
| <i>Freshly-prepared<br/>Salad Bar</i>                                     | <i>Freshly-prepared<br/>Salad Bar</i>                                                   | <i>Freshly-prepared<br/>Salad Bar</i>                  | <i>Freshly-prepared<br/>Salad Bar</i>                                          | <i>Freshly-prepared<br/>Salad Bar</i>                                        |
| <i>Apple Pie &amp; Creamy<br/>Custard<br/>~<br/>Fresh Fruit / Yoghurt</i> | <i>Homemade Creamy<br/>Trifle<br/>~<br/>Fresh Fruit / Yoghurt</i>                       | <i>Fresh Fruit</i>                                     | <i>Biscoff Traybake<br/>~<br/>Fresh Fruit / Yoghurt</i>                        | <i>Chocolate Brownie<br/>~<br/>Fresh Fruit / Yoghurt</i>                     |

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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>                               |
|----------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------|
| Macaroni Cheese<br>~<br>Tomato & Basil Pasta | Locally Produced Sausages<br>~<br>Plant Based Sausages | Mexican Chicken Fajitas<br>~<br>Mexican Vegetable Fajitas | Lasagne Al Forno<br>~<br>Vegetable Lasagne Al Forno              | Homemade Breaded Goujons<br>~<br>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<br>~<br>Fresh Fruit / Yoghurt       | Carrot Cake<br>~<br>Fresh Fruit / Yoghurt              | Fresh Fruit                                               | Lemon Curd Sponge & Creamy Custard<br>~<br>Fresh Fruit / Yoghurt | Fruit Jelly<br>~<br>Fresh Fruit / Yoghurt          |

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