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

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

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

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

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WEEK 3

MEAT-FREE MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
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*	*Fresh Fruit*	*Lemon Curd Sponge & Creamy Custard ~ Fresh Fruit / Yoghurt*	*Fruit Jelly ~ Fresh Fruit / Yoghurt*

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