

MERTON COURT SCHOOL LUNCHES – AUTUMN 2026/SPRING 2027

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>
Homemade 50% wholemeal Cheese & Tomato Pizza	Stir fry Chicken & Vegetable Noodles ~ Stir fry Vegetable Noodles	Locally-produced Pork Sausages with Gravy ~ Plant-based Sausages with Gravy	Chicken Tikka Curry ~ Vegetable Tikka Curry	Cod Fish Fingers ~ Fishless Fingers
Steamed Sweetcorn		Creamy Mashed Potato & Steamed Cabbage	Steamed Wholegrain White Rice	Oven Baked Potato Wedges & Garden Peas
Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar	Freshly-prepared Salad Bar
Homemade Flapjack ~ Fresh Fruit / Yoghurt	Homemade Apple Crumble & Creamy Custard ~ Fresh Fruit / Yoghurt	Fresh Fruit	Freshly Baked Blueberry Muffin ~ Fresh Fruit / Yoghurt	Homemade Chocolate Sponge & Chocolate Custard ~ Fresh Fruit / Yoghurt

Our freshly-prepared salad bar includes: Continental lettuce leaves, homemade crunchy coleslaw, homemade potato salad, carrot, sliced tomatoes, cucumbers, onions, olives, gherkins, croutons, grated cheese, tuna, boiled egg & peppers. All children are encouraged to have salad as part of their meal.

Wholemeal bread with butter is available at all meals.

All homemade puddings have reduced sugar. All pasta & rice contains wholegrain /whole wheat.

Fresh water is available for all children to drink 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>
Tomato & Cheese Pasta Bake	Chicken & Leek Pie ~ Leek & Potato Pie	Beef & Potato Bake ~ Vegetable & Potato Bake	Cowboy Casserole ~ Vegetarian Cowboy Casserole	Oven Baked Cod ~ Vegetable Nuggets
Steamed Medley of Vegetables	New Potatoes & Steamed Broccoli	Steamed Green Beans	Creamy Mashed Potato	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
Homemade Smartie Cookies ~ Fresh Fruit / Yoghurt	Creamy Homemade Rice Pudding ~ Fresh Fruit / Yoghurt	Fresh Fruit	Homemade Sticky Toffee Pudding & Creamy Custard ~ Fresh Fruit / Yoghurt	Reduced Sugar Fruit Jelly ~ Fresh Fruit / Yoghurt

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WEEK 3

<u>MEAT-FREE MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<i>Jacket Potatoes with Vegetable Curry</i>	<i>Sweet & Sour Chicken ~ Sweet & 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>Reduced Sugar & Salt Baked Beans</i>	<i>Steamed Wholegrain & White Rice</i>	<i>Roast Potatoes, Green Beans & Sliced Carrots</i>	<i>Steamed Broccoli</i>	<i>Steamed Peas & Carrots</i>
<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>	NO SALAD BAR	<i>Freshly-prepared Salad Bar</i>	<i>Freshly-prepared Salad Bar</i>
<i>Freshly Baked Apple Cinnamon Sponge & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Rocky Road ~ Fresh Fruit / Yoghurt</i>	<i>Fresh Fruit</i>	<i>Homemade Cherry Pie & & Creamy Custard ~ Fresh Fruit / Yoghurt</i>	<i>Homemade Iced Marble Sponge ~ Fresh Fruit / Yoghurt</i>

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Wholemeal bread with butter is available at all meals.

**All homemade puddings have reduced sugar. All pasta & rice contains wholegrain /whole wheat.
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