LYDGATE JUNIOR SCHOOL

Autumn/Winter Menu WEEK 1

9th Nov 2026, 30th Nov 2026, 4th Jan, 25th Jan, 15th Feb, 8th March & 29th March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	RT Pork Sausage & Bean Wholewheat Pasta Bake & Garlic bread	Chicken Tikka Curry & Mixed Wholegrain Rice	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Vegetable Sausage & Sweetcorn Pizza & Home-baked Jacket Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Meal	Vegetable Sausage & Bean Wholewheat Pasta Bake & Garlic Bread	BBQ Vegetables & Mixed Wholegrain Rice	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Butternut Squash & Tomato Pasta	Cheese Flan & Chips with Ketchup VG
Street Food			Cottage Pie		
Vegetables	Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Mixed Salad, Broccoli & Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwich		Cheese		Cheese	
Sandwich		Ham		Ham	
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese, Salmon Mayo, or Beans
Dessert	Chocolatey Cornflake Crispy	Gingerbread Cookie & Fresh Fruit	Orange Jelly & Fruit Slices VG	Marble Sponge & Custard	Chocolatey Brownie

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

England's target for 'free sugar' intake for your child

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

LYDGATE JUNIOR SCHOOL

Autumn/Winter Menu WEEK 2

16th Nov 2026, 7th Dec 2026, 11th Jan, 1st Feb, 22nd Feb & 15th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	All Day Pork Sausage Breakfast with Homemade Herby Diced Potatoes	Beef Bolognese with Wholegrain Penne	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Mixed Rice	MSC Fish Fingers & Chips
Vegetarian Meal	All Day Vegetable Sausage Breakfast with Home-made Herby Diced Potatoes VG	Plant-based Pasta Bolognese with Wholewheat Penne	Sweet Potato & Lentil Roast with Gravy & Roast Potatoes VG	Vegetable Lasagne	Mexican Bean Wrap (Bean Dillas) Wholegrain served with Chips
Street Food			Sweet Chilli Vegetables & Noodles		
Vegetables	Broccoli, Sweetcorn or Baked Beans	Garden Peas & Carrots	Seasonal Greens & Country Mixed Vegetables	Broccoli & Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwich		Cheese		Cheese	
Sandwich		Ham		Ham	
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans
Dessert	Shortbread Biscuit & Fruit Slices VG	Chocolatey Orange Fudge Cake	Orange or Strawberry Jelly with Fresh Fruit	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

England's target for 'free sugar' intake for your child

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

LYDGATE JUNIOR SCHOOL

Autumn/Winter Menu WEEK 3

2nd Nov 2026, 23rd Nov 2026, 14th Dec 2026, 18th Jan, 8th Feb, 1st Mar & 22nd Mar

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	RT Pork Sausages & Mash	Savoury Chicken Pie served with Homemade Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza with Pasta Salad	MSC Battered Fish & Chips
Vegetarian Meal	Vegetable Sausages & Mash VG	Tomato, Basil & Vegetable Pasta	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Roasted Butternut & Lentil Loaf with Tomato Sauce and Savoury Mixed Rice	Crispy Vegetable Fingers & Chips VG
Street Food			Chicken Jollof Rice		
Vegetables	Sweetcorn, Baked Beans, Broccoli	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Carrots or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwich		Cheese		Cheese	
Sandwich		Ham		Ham	
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard	Raspberry Jelly	Crunchy Biscuit with Fruit Slices VG	Iced Sponge Cake

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

England's target for 'free sugar' intake for your child

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.