

# Autumn 2026

# LYDGATE JUNIOR SCHOOL



WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7th Sept, 28th Sept 19th Oct 2026	Main Meal Option	Sausage in a Roll with Tomato Pasta Salad	Mild Beef & Bean Chilli & Yellow Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Sausage in a Roll with Tomato Pasta Salad <sup>VG</sup>	Macaroni Cheese with Vegetables or Salad	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Pitta Bread Filled with Plant-based Meatballs in an Arrabbiata Sauce with Vegetable Sticks <sup>VG</sup>	Cheese & Onion Bake with Chips
	Street Food			Tuna & Cheese Baguette Melt		
	Vegetables	Coleslaw & Garden Peas	Vegetable Sticks or Sweetcorn	Seasonal Greens & Carrots	Broccoli, Carrots & Cauliflower or Mixed Salad	Garden Peas, Baked Beans
	Sandwich		Cheese		Cheese	
	Sandwich		Ham		Ham	
	Baked Jacket Potatoes	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese
Dessert	Chocolate Fudge Cake	Apple & Cinnamon Rolls	Strawberry Jelly <sup>VG</sup>	Fruit Slices & Vanilla Cookie <sup>VG</sup>	Vanilla or Chocolate Ice Cream	
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14th Sept, 5th Oct, 26th Oct 2026	Main Meal Option	Sausage & Mash with Gravy	Beef Lasagne with Garlic Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Rainbow Vegetable Pizza with Tomato Pasta	Battered Pollock & Chips
	Vegetarian Meal Option	Veggie Sausage & Mash with Gravy <sup>VG</sup>	Plant-based Lasagne with Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Cheese Wrap with Vegetable Sticks & Pasta Salad	Cheese Quiche & Chips
	Street Food			Chicken Jollof Rice		
	Vegetables	Broccoli, Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Garden Peas & Sliced Carrots	Garden Peas & Baked Beans
	Sandwich		Cheese		Cheese	
	Sandwich		Ham		Ham	
	Baked Jacket Potatoes	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese
Dessert	Banana Bread Cookie	Raspberry Jelly & Fruit Slices <sup>VG</sup>	Blueberry Cake & Custard	Fruit Slices & Flapjack <sup>VG</sup>	Chocolate Mousse	
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31st Aug, 21st Sept, 12th Oct 2026	Main Meal Option	Burger with Potato Wedges	Sweet & Sour Chicken with Yellow Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Burger with Potato Wedges	Pasta Twists in a Tomato & Basil Sauce	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cauliflower, Sweet Potato & Lentil Curry with Rice <sup>VG</sup>	Vegetable Fingers & Chips <sup>VG</sup>
	Street Food			Mediterranean Vegetable Paella with Beans <sup>VG</sup>		
	Vegetables	Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens, Carrots & Salad	Broccoli, Sweetcorn & Coleslaw	Garden Peas & Baked Beans
	Sandwich		Cheese		Cheese	
	Sandwich		Ham		Ham	
	Baked Jacket Potatoes	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese	Jacket Potato with Beans <sup>VG</sup> Tuna Mayo or Cheese
Dessert	Chocolate Cookie <sup>VG</sup>	Pineapple Upside Down Cake & Custard	Orange Jelly <sup>VG</sup>	Chocolate & Apple Cake	Cherry 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
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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.