



**Meadows
School**



MEADOWS SCHOOL

OCTOBER 2025 TO APRIL 2026

MEADOWS

ENGAGE

ENRICH

ENPOWER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE					
27 TH OCTOBER	Cheese & Tomato Pinwheel 1,7 V Sweet Chilli Chicken Wrap 1	Chicken Burger 1,5 Veggie Burger 1,5 VG	Roast Beef & Yorkshire Pudding 1,7,9 Roasted Root Vegetable Wrap 1,7,9 V	Cottage Pie Potato Nachos with Cheesy Mexican Topping 7 V	Battered Fish 1,8 Veggie Nuggets 1
24 TH NOVEMBER	Jackets with a Choice of Toppings 7,8,9	Jackets with a Choice of Toppings 7,8,9	Tomato Pasta 1 VG	Cheesy Pasta Twists 1,7 V	Jackets with a Choice of Toppings 7,8,9
5 TH JANUARY	Baked Potato Wedges, Peas, Carrots	Sauté Potatoes	New Potatoes, Cauliflower, Carrots	New Potatoes, Seasonal Vegetables	Chips, Peas, Baked Beans, Carrot Sticks
2 ND FEBRUARY	Apple Crumble 1 VG & Custard 7	Broccoli, Sweetcorn	Lemon Cheesecake 1,7	Strawberry Mousse 7, Mr Nourish Biscuit 1 VG	Ice Cream 7
9 TH MARCH	Mr Nourish Biscuit 1 VG, Yoghurt 3,7 Fruit VG	Cornflake Cookie 1,7 Yoghurt 3,7, Fruit VG	Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG
WEEK TWO					
3 RD NOVEMBER	Chilli Con Carne & Rice Vegetable Hot Pot 16 VG	BBQ Pulled Chicken Loaded Wedges Chinese Vegetable Noodles 1,3,16 V	Roast Lamb & Gravy BBQ Vegetable Burrito 1 VG	Beef Lasagne 1,3,4,7,9 Pesto Pasta Bake 1,7 V	Chicken Bites 1 Cheese & Spinach Pinwheel 1,7 V
1 ST DECEMBER	Jackets with a Choice of Toppings 7,8,9	Herby Tomato Penne Pasta 1 VG	Jackets with a Choice of Toppings 7,8,9	Jackets with a Choice of Toppings 7,8,9	Arrabiata Pasta 1 VG
12 TH JANUARY	Carrots, Green Beans, Garlic Bread 1,3,7,9	Sweetcorn, Courgettes	Rustic Roast Potatoes	New Potatoes, Seasonal Vegetables	Chips, Peas, Baked Beans, Coleslaw 9
9 TH FEBRUARY	Chocolate Brownie 1,9	Chocolate Swirl 1,7	Cabbage, Carrots	Sprinkle Sponge 1,9, Mr Nourish Biscuit 1 VG	Chocolate Cookie 1,7
16 TH MARCH	Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit VG	Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit VG	Banana Flapjack 1,15 VG Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG
WEEK THREE					
10 TH NOVEMBER	Meat Feast Pizza 1,3,7,9 Margherita Pizza 1,3,7,9 V	Sausages 1,6 Quorn Sausage & Gravy 1 VG	Beef Burger 1,5,6 Falafel Burger 1,5 VG	Sweet Chicken Curry Cheesy Pasta 1,7 V	Battered Fish 1,8 Frittata 7,9 V
8 TH DECEMBER	Pesto & Pea Pasta 1,7 V	Jackets with a Choice of Topping 7,8,9	Jackets with a Choice of Toppings 7,8,9	Jackets with a Choice of Toppings 7,8,9	Jackets with a Choice of Toppings 7,8,9
19 TH JANUARY	Wedges, Sweetcorn, Peppers	Mashed Potato, Baked Beans, Broccoli	Rustic Roast Potatoes	Rice, Seasonal Vegetables	Chips, Peas, Baked Beans
23 RD FEBRUARY	Apple Crumble 1 VG & Custard 7	Banana & Toffee Cake 1,7,9, Mr Nourish Biscuit 1 VG	Green Beans, Carrots	Lemon Drizzle Cake 1,9, Mr Nourish Biscuit 1 VG	Caramel Cookie 1,7
23 RD MARCH	Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG	Crispy Cake 3,7,16 Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG
WEEK FOUR					
17 TH NOVEMBER	Chicken Noodles 1,3,16 Singapore Noodles 1,3,16 VG	Jerk Chicken Coconut & Squash Dhansak VG	BBQ Hunter's Chicken 1,7 Tomato Pasta Bake 1,7 V	Penne Beef Bolognese 1 Rice & Bean Burrito 1 VG	Chicken Nuggets 1 Angela's Award-winning Veggie Caribbean Pasty 1
15 TH DECEMBER	Jackets with a Choice of Toppings 7,8,9	Tomato & Herb Pasta 1 VG	Jackets with a Choice of Toppings 7,8,9	Jackets with a Choice of Toppings 7,8,9	Pesto Penne 1,7 V
26 TH JANUARY	New Potatoes, Seasonal Vegetables	Sunshine Rice, Cauliflower, Carrots	Rustic Roast Potatoes, Cabbage, Peas	Baked Wedges, Green Beans	Chips, Peas, Baked Beans, Coleslaw 9
2 ND MARCH	Ice Cream 7, Mr Nourish Biscuit 1 VG	Jam Tart 1,6 VG & Custard 7	Banana Flapjack 1,15 VG	Sweetcorn, Garlic Bread 1,3,7,9	Brownie 1,9
30 TH MARCH	Yoghurt 3,7, Fruit VG	Mr Nourish Biscuit 1 VG, Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG	Beetroot Cake 1,9, Mr Nourish Biscuit 1 VG Yoghurt 3,7, Fruit VG	Yoghurt 3,7, Fruit VG

KEY:
VG VEGAN
V VEGETARIAN

DISHES MARKED WITH ANY OF THE FOLLOWING NUMBERS CONTAIN THE MATCHING ALLERGEN:

- 1 WHEAT GLUTEN 2 CRUSTACEANS
- 3 SOY BEAN 4 MUSTARD 5 SESAME
- 6 SULPHITES/SULPHUR DIOXIDE 7 MILK
- 8 FISH 9 EGG 10 PEANUTS 11 MOLLUSCS
- 12 CELERIAC/CELERY 13 NUTS 14 LUPINS
- 15 OAT GLUTEN 16 BARLEY GLUTEN

