



Meadows  
School



# MEADOWS SCHOOL

## NOVEMBER 2026 TO MARCH

MEADOWS

ENGAGE

ENRICH

ENPOWER

### WEEK ONE

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

2 November  
23 November  
14 December  
18 January  
8 February  
8 March

Pepperoni Pizza **1,3,7**  
Margherita Pizza **1,3,7 V**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Sweetcorn  
Wedges  
  
Vanilla Sponge **1,3,9** & Custard **7**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Chilli Con Carne & Rice **1**  
Vegetable Curry & Rice **VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Green Beans  
  
Marble Cake **1 VG**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Sausages **1,3,6**  
Vegetable Cottage Pie **VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Mashed Potato  
Broccoli  
  
Orange Jelly **VG**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Jerk Chicken & Spicy Rice  
Macaroni Cheese **1,3,7 V**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Carrots  
  
Apple Crumble **1 VG** & Custard **7**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Battered Fish **1,8**  
Cheese & Onion Quiche **1,3,7,9 V**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Peas  
Wedges  
  
Chocolate Cake **1,3,9**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

### WEEK TWO

9 November  
30 November  
4 January  
25 January  
22 February  
15 March

BBQ Chicken Wrap **1**  
Vegetable Noodles **1,3 V**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Sweetcorn  
Diced Potato  
  
Eton Mess **7,9**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Beef Lasagne **1,3,4,7,9**  
Soy Mince Bolognaise Pasta **1,7 V**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Green Beans  
  
Flapjack **1,15**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Roast Chicken, Stuffing & Gravy **1**  
Quorn Fillet & Stuffing **1 VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Roast Potatoes  
Broccoli  
  
Caramel Mousse **7**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Meatballs & Spaghetti **1**  
Cheese & Tomato Pinwheel **1,7 V**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Garlic Bread **1,3**  
Carrots  
  
Chocolate brownie **1 VG**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Fish Fingers **1,8**  
Vegetable Burger **1,5 VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Peas  
Baked Beans  
Chips  
  
Lemon Drizzle Cake **1,9**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

### WEEK THREE

16 November  
7 December  
11 January  
1 February  
1 March  
22 March

Chicken Noodles **1,3**  
Bean Burrito & Wedges **1 VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Sweetcorn  
  
Jam Tart **1,6** & Custard **7**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Cottage Pie  
Chick Pea & Spinach Curry  
& Rice **VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Green Beans  
  
Strawberry Cheesecake **1,7,15**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Roast Gammon & Gravy  
Quorn Fillet **1 VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Roast Potatoes  
Broccoli  
  
Peach Crumble **1 VG** & Custard **7**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Chicken Fajita **1**  
Falafel Wrap **1 VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Spicy Rice  
Mixed Vegetables  
  
Carrot & Orange Cake **1 VG**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

Beef Burger in a Bun **1,5**  
Vegetable Nuggets **1 VG**  
Jacket Potato with a Choice of  
Toppings **7,8,9**  
  
Chips  
Peas, Baked Beans  
  
Jam & Coconut Sponge **1,6,9**  
Homemade Cookies **1,3,7,15**  
Yoghurt **3,7** Fruit Pots **VG**  
Cheese & Crackers **1,7**

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

