CAVERSHAM EARLY YEARS MENU AUTUMN WINTER 2026
LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 02/11/26 23/11/26 14/12/26 18/01/27 08/02/27 08/03/27	Lentil & Sweet Potato Curry with Rice Broccoli & Sweetcorn Natural Yoghurt with Fruit Salad (Banana, Grape Wedges, Apple Wedges, HoneyDew Melon Slices)	Vegetable Frittata Muffins with New Potatoes & Homemade Tomato Sauce Salmon Fishcake with New Potatoes & Homemade Tomato Sauce Peas & Baked Beans Fresh Fruit & Yoghurt	Quorn Vegan Fillets with Roast Potatoes & Gravy Roast Chicken with Roast Potatoes & Gravy Swede Green Beans Fruit Wedges	Caribbean Squash & Bean Stew with Herby Potatoes Chicken & Bean Stew with Herby Potatoes Peas Carrots Fruit & Yoghurt	Classic Soya Mince Bolognaise with Wholemeal Pasta Hearty Beef & Lentil Bolognaise with Wholemeal Pasta Carrots Cauliflower Natural Yoghurt & Banana Fingers
WEEK TWO 09/11/26 30/11/26 04/01/27 25/01/27 22/02/27 15/03/27	Soya Mince Cottage Pie Carrots Peas Berry Yoghurt	Roasted Cauliflower Curry with Rice Chicken Tikka Masala with Rice Green Beans Sweetcorn Melon & Yoghurt	Creamy Butterbean Macaroni Cheese with Garlic & Herb Bread Creamy TUNA and Spinach Pasta Bake with Garlic & Herb Bread Broccoli Carrots Bananas & Yoghurt	Parsnip & Sweet Potato Loaf with Skin on Roast Potatoes & Gravy Roast Chicken, Skin on Roast Potatoes & Gravy Cabbage Cauliflower Fruit & Yoghurt	Butternut Squash & Lentil Lasagne & Garlic & Herb Bread Beef & Lentil Lasagne & Garlic & Herb Bread Carrot & Courgette Medley Fruit & Yoghurt
WEEK THREE 16/11/26 07/12/26 11/01/27 01/02/27 01/03/27 22/03/27	Cheese & Tomato Pizza & Wedges Carrots Sweetcorn Fresh Fuit & Yoghurt	Mildly Spiced Mixed Bean Jollof Rice Chicken Jollof Rice Green Beans Sweetcorn Fresh Fruit & Yoghurt	Homity Pie (Potato, Spinach & Cheese Tart) with New Potatoes with Gravy Cottage Pie with Gravy Carrots Broccoli Mandarins & Yoghurt	Chefs Special Moroccan Vegetable & Chickpea Couscous Chicken and Vegetable Couscous Cauliflower Peas Fruit & Yoghurt	Cheese & Pepper Swirls with Mashed Potatoes Traditional Fish Fingers with Mashed Potatoes Baked Beans Sweetcorn Peaches with Yoghurt

MENU KEY

ALLERGY INFORMATION:
If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

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CAVERSHAM EARLY YEARS MENU AUTUMN WINTER 2026
COLD TEA MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE 02/11/26 23/11/26 14/12/26 18/01/27 08/02/27 08/03/27	Cheese & Pepper Swirls with Carrot & Cucumber Sticks Apple Slices	Tuna Pasta Salad or Wholemeal Tomato and Lentil Pasta Salad with Cucumber and Carrot Sticks Banana & Orange Wedges	Cheese and Crackers with Cucumber Sticks and Cherry Tomato Quarters Fruit & Yoghurt	Egg Mayonnaise with Tortilla Wrap and Crudites (Pepper & Cucumber Sticks) Fruit & Yoghurt	Afternoon Tea Picnic Rolls: White Roll with Cheese & Cucumber Filling, Cherry Tomato Quarters & Pepper Sticks Fruit & Yoghurt
WEEK TWO 09/11/26 30/11/26 04/01/27 25/01/27 22/02/27 15/03/27	Rainbow Vegetable Pizza Fingers with Cucumber and Carrot Sticks Fruit & Yoghurt	Tomato, Lentil & Basil Pasta with Carrot Sticks Seasonal Apple Wedges & Yoghurt	Afternoon Tea Picnic Rolls: White Roll with Egg Mayonnaise or Cheese & Cucumber Filling, Cherry Tomato Quarters & Pepper Sticks Fruit & Yoghurt	Tuna Mayonnaise or Beany Salsa Wrap with Pepper Sticks Orange & Pear Wedges	Broccoli Cheese Swirl with Cucumber Sticks & Cherry Tomato Quarters Melon Wedges & Yoghurt
WEEK THREE 16/11/26 07/12/26 11/01/27 01/02/27 01/03/27 22/03/27	Wholemeal Tomato and Lentil Pasta Salad and Cucumber, Pepper and Carrot Sticks Apple & Orange Wedges	Tuna Mayonnaise Wrap with omato Quarters & Carrot, Cucumber & Pepper Crudites Yoghurt	Cheese & Crackers with Apple Slices Melon Boats & Yoghurt	Wholemeal Bread with Cheese Filling Cucumber & Pepper Sticks Banana Fingers & Apple Slices	Pizza Fingers ~ Cucumber & Carrot Sticks Pear Slices

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