

Menu I

Academic Year 2025/2026

April to July 2026

Monday	Vegetable soup	<ul style="list-style-type: none"> ● Spring Rice (rice, peas, onion, leek, carrot and parsley) Scrambled eggs with brewer's yeast ● Lettuce, grated carrot and cucumber salad
Tuesday	Pumpkin soup	<ul style="list-style-type: none"> ● Wholemeal spiral pasta salad with broccoli, peas, sweetcorn, carrots and oregano ● Salad with pesto dressing and grated cheese
Wednesday	Carrot, sweet potato and parsley soup	<ul style="list-style-type: none"> ● Russian salad (potatoes, carrots, green beans and egg) with mayonnaise ● Lettuce, tomato and cucumber salad
Thursday	Roasted beetroot soup with coriander	<ul style="list-style-type: none"> ● Sautéed lentils with vegetables and a *couscous salad with mixed seeds ● Lettuce, tomato and grated carrot salad
Friday	Courgette, leek and potato soup	<ul style="list-style-type: none"> ● Vegetarian lasagne with mushrooms and cheese ● Lettuce and cucumber salad

* Quinoa ((For those with gluten intolerance)

This menu will allow you to undergo changes due to lack of some of the ingredients mentioned (which do not exist in stock) or still on some day holiday at our school.

Menu II

Academic Year 2025/2026

April to July 2026

Monday	Vegetable soup	<ul style="list-style-type: none"> ● Sautéed tofu with spiced tomato sauce & Basmati rice ● Lettuce, grated carrot and cucumber salad
Tuesday	Cauliflower and leek soup	<ul style="list-style-type: none"> ● Chickpea, tomato, carrot, red onion, cucumber and *bulgur salad with herb pesto ● Broccoli with toasted seeds
Wednesday	Cream of broccoli and herbs soup	<ul style="list-style-type: none"> ● Spaghetti Bolognese with sautéed tofu, oregano and grated cheese ● Lettuce, tomato and cucumber salad
Thursday	Pea and vegetable soup	<ul style="list-style-type: none"> ● Seitan and mushroom stroganoff ● Semi-wholemeal rice
Friday	Pumpkin and sweet potato soup with herbs	<ul style="list-style-type: none"> ● **Wraps with vegetables and red beans, tomato sauce, grated cheese and oregano ● Lettuce and grated carrot salad with seeds

* Buckwheat (For those with gluten intolerance)

** Instead of wraps, we'll be having spiral pasta for the nursery

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