MUNDELLA PRIMARY

EAT SMART

Autumn/Winter Menu WEEK 1

9th Nov 2026, 30th Nov 2026, 4th Jan 2027, 25th Jan 2027, 15th Feb 2027, 8th March 2027

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Chicken Tikka Curry & Mixed Wholegrain Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Cheese & Tomato Pizza & Home-baked Jacket Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Meal	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Vegetable Biryani with Mixed Wholegrain Rice	Cheese Potato & Onion Pastry Whirl with Roast Potatoes	Vegetable Cottage Pie VG	Cheese Quiche & Chips with Ketchup VG
Vegetables	Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Mixed Salad, Broccoli & Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches	Cheese	Ham	Chicken Baguette	Tuna Mayo	Fish Finger Wrap
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese, Salmon Mayo, or Beans
Dessert	Chocolatey Cornflake Crispy	Gingerbread Cookie & Fresh Fruit	Strawberry Jelly & Fruit Slices VG	Marble Sponge & Custard	Brownie

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

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.

MUNDELLA PRIMARY

EAT SMART

Autumn/Winter Menu WEEK 2

16th Nov 2026, 7th Dec 2026, 11th Jan 2027, 1st Feb 2027, 22nd Feb 2027, 15th March 2027

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	All Day Breakfast: Pork Sausage, Baked Beans & Herby Potatoes	Beef Bolognese with Wholegrain Penne	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Cheese & Tomato Pizza & Mixed Rice	MSC Fish Fingers & Chips
Vegetarian Meal	Macaroni Cheese	Plant-based Pasta Bolognese with Wholewheat Penne	Quorn Sausage with Gravy, Stuffing & Roast Potatoes	Vegetable Lasagne	Cheese Quiche & Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans	Garden Peas & Carrots	Seasonal Greens & Country Mixed Vegetables	Broccoli & Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches	Cheese	Ham	Chicken Baguette	Tuna Mayo	Fish Finger Wrap
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Shortbread Biscuit & Fruit Slices VG	Chocolatey Orange Fudge Cake	Strawberry Jelly with Fresh Fruit	Lemon Drizzle Cake & Custard	Flapjack

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

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.

MUNDELLA PRIMARY

EAT SMART

Autumn/Winter Menu WEEK 3

2nd Nov 2026, 23rd Nov 2026, 14th Dec 2026, 18th Jan 2027, 8th Feb 2027, 1st Mar 2027, 22nd Mar 2027

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	RT Pork Sausages & Home-baked Potato Wedges	Mince Beef & Onion Pie served with Mashed Potato	Roast Chicken with Gravy, Yorkshire Pudding & Mashed Potato	Wholemeal Cheese & Tomato Pizza with Pasta Salad	MSC Battered Fish & Chips
Vegetarian Meal	Vegetable Sausages & Home-baked Potato Wedges VG	Vegetable Pie & Mashed Potato VG	Vegetable Chilli & Sunny Rice VG	Macaroni Cheese	Cheesy Bean Wholemeal Pitta with Chips
Vegetables	Sweetcorn, Baked Beans, Broccoli	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Carrots or Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Sandwiches	Cheese	Ham	Chicken Baguette	Tuna Mayo	Fish Finger Wrap
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard	Raspberry Jelly	Crunchy Biscuit with Fruit Slices VG	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

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.