AUTUMN/ WINTER 2026

FRESH!

NUTRITIOUS

Chartwells Schools

# SUMMER LANE PRIMARY SCHOOL

# MEALS AT A GLANCE

**We believe school meals should be nutritious, varied and enjoyable - helping every child feel fuelled, focused and ready to learn.**

## Nutritious and Balanced

- Our Autumn/Winter menu provides balanced, tasty and nutritious meals for pupils
- Meals are carefully balanced with carbohydrates, protein and healthy fats to support wellbeing
- Menus offer variety, colour and familiar seasonal dishes that appeal to pupils

## Fresh and Varied

- Fresh fruit and vegetables are avaliable daily to encourage nutrient dense plates
- A wide variety of colourful vegetables are offered each week including seasonal choices where possible

## Standards You Can Trust

- All Menus are developed in line with the School Food Standards
- No Food Standards Agency (FSA) prohibited additives are used in our meals
- Meat dishes meet Government Buying Standards (GBS) requirements
- Oily Fish is included in accordance with the School Food Standards

## Something for Everyone

- Vegetarian options are avaliable every day with plant-based dishes featured across the menu cycle
- Allergy Aware and bespoke menus are avaliable to support pupils with specific dietary needs

## Healthier Choices

- Wholegrain carbohydrate options are regulary included, such as, wholemeal bread, wholegrain rice and wholewheat pasta
- Ingredients and recipes meet, or are below, Public Health England targets for sugar and salt

TASTY

FRUITY!

# AUTUMN/ WINTER 2026

FRESH! NUTRITIOUS TASTY

Chartwells Schools

## HOT DISHES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| OPTION 1 | Cheese and Tomato Pizza with Potato Wedges / Pasta | Sausage Burger with Corn on the Cob | Roast Chicken, Yorkshire Pudding Stuffing, New Potatoes and Gravy | Mince and Onion Pie with Mashed Potato | Fish Fingers with Chips |
| OPTION 2 | Messy Spaghetti | Veggie Burger with Corn on the Cob | Roast Quorn, Stuffing, New Potatoes & Gravy | BBQ Veggie Wrap with Wholegrain Rice | Quorn Dippers with Chips |
| OPTION 3 | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection |
| | ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD | | | | |
| VEG | Sweetcorn Salad Bar | Coleslaw Big Bowl Salad | Broccoli Carrots | Carrots Sweetcorn | Garden Peas Baked Beans |
| DESSERT | Ice Cream | Ginger Biscuit with Fruit | Jam Slice with Custard | Flapjack | Fruit |

MESSY

FRUITY!

AVAILABLE DAILY

FRESH FRUIT, FRESHLY BAKED BREAD, YOGHURT AND WATER

WEEK 1
WEEK 2
WEEK 3

2/11/2026, 23/11/2026, 14/12/2026, 18/01/2027, 08/02/2027, 08/03/2027

Vegetarian Wholegrain Nutritionist's Choice Oily Fish (Salmon) Fruity Vegan

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

# AUTUMN/ WINTER 2026

FRESH! NUTRITIOUS TASTY FRUITY!

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## HOT DISHES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| OPTION 1 | BBQ Cheese Pizza with Potato Wedges / Pasta (V, Wholegrain) | Beef Burger in a Bun with Corn on the Cob | Roast Gammon , Yorkshire Pudding, New Potatoes & Gravy (Nutritionist's Choice) | Butter Chicken Curry with Wholegrain Rice & Naan Bread (Wholegrain, Nutritionist's Choice) | Fish Fingers with Chips |
| OPTION 2 | Macaroni Cheese (V) | Veggie Salsa Burger with Corn on the Cob (V, Nutritionist's Choice) | Roast Quorn, Yorkshire Pudding, New Potatoes & Gravy (V) | Bean Pasta Bake (V, Wholegrain, Nutritionist's Choice) | Quorn Dippers with Chips (VE) |
| OPTION 3 | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection |
| | ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD | | | | |
| VEG | Sweetcorn Salad Bar (Nutritionist's Choice) | Salad Bar Coleslaw (Nutritionist's Choice) | Broccoli Carrots (Nutritionist's Choice) | Sweetcorn Green Beans (Nutritionist's Choice) | Garden Peas Baked Beans (Nutritionist's Choice) |
| DESSERT | Ice Cream | Chocolate Cookie with Fruit (VE, Fruity, Nutritionist's Choice) | Raspberry Yoghurt Cake with Custard | Vanilla Crunch (Nutritionist's Choice) | Fruit (Fruity) |

AVAILABLE DAILY

FRESH FRUIT, FRESHLY BAKED BREAD, YOGHURT AND WATER

V Vegetarian | Wholegrain | Nutritionist's Choice | Oily Fish (Salmon) | Fruity | VE Vegan

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 1
WEEK 2
WEEK 3

09/11/2026, 30/11/2026, 04/01/2027, 25/01/2027, 22/02/2027, 15/03/2027

# AUTUMN/ WINTER 2026

FRESH! NUTRITIOUS TASTY FRUITY!

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## HOT DISHES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| OPTION 1 | Cheese and Tomato Pizza with Potato Wedges / Pasta | THEME DAY Chicken Parmo with Tomato Spaghetti | Roast Chicken, Yorkshire Pudding, New Potatoes & Gravy | Sausage Roll with Baked Beans & Potato Wedges | Fish Fingers with Chips |
| OPTION 2 | Creamy Pasta (V, Nutritionist's Choice) | Chinese Vegetable Rice (V, Nutritionist's Choice) | Roast Quorn, Yorkshire Pudding, New Potatoes & Gravy (V) | BBQ Fillet with Wholegrain Rice (V, Wholegrain, Nutritionist's Choice) | Quorn Dippers with Chips (VE) |
| OPTION 3 | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection | Jacket Potato with Selection |
| | ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD | | | | |
| VEG | Garden Peas Salad Bar (Nutritionist's Choice) | Sweetcorn Big Bowl Salad (Nutritionist's Choice) | Broccoli Carrots (Nutritionist's Choice) | Salad Bar Sweetcorn (Nutritionist's Choice) | Garden Peas Baked Beans (Nutritionist's Choice) |
| DESSERT | Ice Cream | Custard Cookie with Fruit (VE, Fruity, Nutritionist's Choice) | Syrup Sponge with Custard | Chocolate Crunch | Fruit (Fruity, Nutritionist's Choice) |

PARMO

**AVAILABLE DAILY** — FRESH FRUIT, FRESHLY BAKED BREAD, YOGHURT AND WATER

V Vegetarian · Wholegrain · Nutritionist's Choice · Oily Fish (Salmon) · Fruity · VE Vegan

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 1
WEEK 2
WEEK 3

16/11/2026, 07/12/2026, 11/01/2027, 01/02/2027, 01/03/2027, 22/03/2027