

AUTUMN/ WINTER 2026

FRESH!

NUTRITIOUS

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

Healthier Choices

- ✓ Wholegrain carbohydrate options are regularly 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

HOT DISHES



MESSY



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

	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 	Quorn Roast, Yorkshire Pudding Stuffing, New Potatoes and Gravy  	BBO Veggie Wrap with Wholegrain Rice   	Quorn Dippers with Chips 
OPTION 3	Jacket Potato with Baked Beans	Jacket Potato with Cheese 	Jacket Potato with Baked Beans	Jacket Potato with Cheese 	Jacket Potato with Baked Beans 
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 

**AVAILABLE
DAILY**



**FRESH FRUIT, FRESHLY BAKED
BREAD, YOGHURT AND WATER**

 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.

FRUITY!



**WEEK 1
WEEK 2
WEEK 3**

**AUTUMN/
WINTER
2026**

FRESH!

NUTRITIOUS

HOT DISHES

TASTY

**OPTION
1**

BBQ Cheese Pizza
with Potato Wedges /
Pasta



**OPTION
2**

Macaroni Cheese



**OPTION
3**

Jacket Potato with
Baked Beans

Jacket Potato with
Cheese



Jacket Potato with
Baked Beans

Jacket Potato with
Cheese



Jacket Potato with
Baked Beans



ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD

VEG

Sweetcorn
Salad Bar



Salad Bar
Coleslaw



Broccoli
Carrots



Sweetcorn
Green Beans



Garden Peas
Baked Beans



DESSERT

Ice Cream

Chocolate Cookie
with Fruit



Raspberry Yoghurt
Cake with Custard

Vanilla Crunch



Fruit



**AVAILABLE
DAILY**



**FRESH FRUIT, FRESHLY BAKED
BREAD, YOGHURT AND WATER**

 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.

**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

HOT DISHES



PARMO

DESSERT

**OPTION
1**

Cheese and Tomato
Pizza with Potato
Wedges / Pasta

**OPTION
2**

Creamy Pasta



**OPTION
3**

Jacket Potato with
Baked Beans

TUESDAY

THEME DAY
Chicken Parmo with
Tomato Spaghetti

Chinese Vegetable
Rice



WEDNESDAY

Roast Gammon,
Yorkshire Pudding,
New Potatoes & Gravy

Roast Quorn,
Yorkshire Pudding,
New Potatoes & Gravy



THURSDAY

Sausage Roll with
Baked Beans & Potato
Wedges

BBQ Fillet with
Wholegrain Rice



FRIDAY

Fish Fingers with
Chips

Quorn Dippers with
Chips



ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD

VEG

Garden Peas
Salad Bar



Sweetcorn
Big Bowl Salad



Broccoli
Carrots



Salad Bar
Sweetcorn



Garden Peas
Baked Beans



Ice Cream

Custard Cookie with
Fruit



Syrup Sponge with
Custard

Chocolate Crunch

Fruit



**AVAILABLE
DAILY**



**FRESH FRUIT, FRESHLY BAKED
BREAD, YOGHURT AND WATER**

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.

FRUITY!



**WEEK 1
WEEK 2
WEEK 3**

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