Essex Primary School Menu Autumn/Winter 2026

(Ve) - Vegan (V) - Vegetarian

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 - 1/11 -23/11 - 14/12 18/01 - 8/02 - 8/03	Margarita Pizza with Corn on the Cob & Cucumber Sticks	Harvest Chicken Sausage Casserole with Brown Rice & Green Beans	Roast Chicken with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy	Spaghetti Bolognaise with Garlic Bread & Sweetcorn	MSC Fish Fingers or Salmon Fish Cake with Chips & Peas
	Ultimate Veggie Pizza with Corn on the Cob & cucumber Sticks	Vegetable & Butter Bean Casserole with Brown Rice & Green Beans	Plant Based Sausage in the Hole with Roast Potatoes, Seasonal Vegetables & Gravy	Veggie & Lentil Bolognaise with Garlic Bread & Sweetcorn	Plant Based Fish Fingers with Chips & Peas
	Freshly Cut Fruit (Ve) or Oat & Raisin Cookie	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Apple Crumble & Custard	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or School Sponge Cake

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2 - 9/11 - 30/11 - 4/1 25/01 - 22/2 - 15/3	Macaroni 'n' Cheese with Homemade Garlic Bread & Mixed Salad	Chicken Korma Curry with Wholemeal Rice & Green Beans	Cottage Pie with Roasted Seasonal Vegetables & Gravy	Ashlyns Beef Burger with Crushed New Potatoes & Baked Beans	MSC Battered Fish Fillet with Chips & Peas
	Lentil & Tomato Pasta Bake with Homemade Garlic Bread & Mixed Salad	Vegetable Biriyani with Wholemeal Rice & Green Beans	Autumn Squash & Butter Bean Stew with Mash Potato	Plant Based Burger with Crushed New Potatoes & Baked Beans	Cheese & Potato Whirl with Chips & Peas
	Freshly Cut Fruit (Ve) or Shortbread Biscuit	Freshly Cut Fruit (Ve) or Chocolate Sponge Cake	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Apple Sponge Cake	Freshly Cut Fruit (Ve) or Frozen Yoghurt

	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3 - 16/11 - 7/12 - 11/01 1/02 - 1/03 - 22/03	Tomato & Mozzarella Pasta Bake with Honey Roasted Carrots	Sticky Chicken Thighs with Wholemeal Rice & Broccoli	Savoury Mince Beef with Yorkshire Pudding, Mashed Potato, Carrots & Peas	Pork Sausage in a Roll with Seasoned Potato Wedges & Buttery Sweetcorn	MSC Fish Fingers with Chips & Spaghetti Hoops
	Sweet Potato & Vegetable Fritta with Honey Roasted Carrots	Vegetable Samosa's with Wholemeal Rice & Broccoli	Plant Based Savoury Mince with Yorkshire Pudding, Mashed Potato, Carrots & Peas	Plant Based Sausage in a Roll with Seasoned Wedges & Buttery Sweetcorn	Cauliflower & Broccoli Bake with Chips & Spaghetti Hoops
	Freshly Cut Fruit (Ve) or Cinnamon Cookie	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Banana Bread	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Carrot Cake

Available Daily … Jacket Potato with a Choice of Fillings
Wholemeal Bread - Choice of Salads - Water