MENU

Sir John Heron School
Autumn/Winter 2026/27

WEEK 1

Week Commencing:
02/11/26, 23/11/26, 14/12/26, 4/1/27, 25/1/27, 15/2/27, 15/3/27,

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Sweet & Sour Stir Fry with Noodles & Crispy Dippers (V)	MIld Dhal & Crispy Chickpeas with Rice & Raita (V)	Spinach & Feta Whirl with Roast Potatoes (V)	Cheese & Tomato Calzone (V)	Spicy Keema with Raita & Naan Bread (V)
Choice 2	Bolognese Bake with Garlic Bread (V)	Shepherd's Pie (Lamb)	Roast Chicken & Stuffing with Roast Potatoes	Chicken & Sweetcorn Meatballs with Rice	Salmon & Sweet Potato Fishwich & Chunky Wedges
Choice 3	Cheese & Salad Wrap (PB)	Savoury Sausages with Mashed Potatoes (PB)	Tangy Mixed Bean & Pasta Bake (V)	Spanish Rice (Paella) (PB)	BBQ Chicken Flatbread & Chunky Wedges
Vegetables	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert	Frozen Yoghurt with Seasonal Fruit (V)	Pears with Greek Yoghurt (V)	Creamy Mango Rice Pudding (V)	Apple & Cinnamon Crumble with Custard (SS) (V)	Banana Split (V)

Also Available: Salad Bar (V) Home Baked Bread (V) Fruit* (PB) Yoghurt* (V) Cheese & Crackers* (V)

(PB) Plant Based
(V) Vegetarian
(SS) Sugar Smart

HMC Halal (un-stunned) meat is served at this school.

HOW WE DO LUNCH









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WEEK 2

Week Commencing:
09/11/26, 30/11/26, 21/12/26, 11/1/27, 1/2/27, 1/3/27, 22/3/27

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Cauliflower Mac & Cheese with Garlic Slice (V)	Margherita Pizza (V)	Creole Rice (Jambalaya) (PB)	Vegetable Curry with Rice (PB)	Spicy Indian Style Sausage Roll with Chips (PB)
Choice 2	Savoury Balls in Tomato Sauce with Rice (PB)	Lamb & Vegetable Jollof Rice	Greek Style Chicken with Rice or Roast Potatoes	Lamb & Veggie Burger in a Bun with Crunchy Slaw	Fish in Crispy Batter with Chips (V)
Choice 3	Jacket Potatoes with Cheese & Baked Beans (V)	Pasta Bake with Focaccia Slice (V)	Cauliflower Bites with Rice or Roast Potatoes (PB)	Coronation Quorn Wrap with Crunchy Slaw (V)	Roasted Vegetable Frittata with Chips (V)
Vegetables	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Baked Beans	Garden Peas Sweetcorn
Dessert	Strawberry Mousse with Seasonal Fruit	Orange Jelly Pot with Mandarins (PB)	Seasonal Fruit with Ice Cream (V)	Raspberry Coconut Cake with Custard (V) (SS)	Peach Melba Crunch with Yoghurt (V)

Also Available: Salad Bar (V) Home Baked Bread (V) Fruit* (PB) Yoghurt* (V) Cheese & Crackers* (V)

(PB) Plant Based
(V) Vegetarian
(SS) Sugar Smart

HMC Halal (un-stunned) meat is served at this school.

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WEEK 3

Week Commencing:
16/11/26, 07/12/26, 18/1/27, 8/2/27, 8/3/27, 29/3/27

	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Vegetable Lasagne with Focaccia (V)	Veggie Brunch - Sausage, Scrambled Egg & Hash Brown (V)	Vegetable Samosa with Dhal & Rice (PB)	Lentil, Coconut & Butternut Squash Curry with Rice (PB)	Cheesy Tomato Pizza with Chunky Wedges (V)
Choice 2	Creamy Chickpea & Sweetcorn Mayo Wrap (PB)	Chicken & Sweetcorn Pie with Mashed Potatoes	Roast Turkey & Yorkshire Pudding with Roast Potatoes	Jerk Chicken with Rice & Peas	Crispy Fish Fingers with Chunky Wedges
Choice 3	Jacket Potato with Cheese & Beans (V)	Greek Macaroni Bake	'Toad in the Hole' with Roast Potatoes (V)	Jacket Potato with Tuna Mayonnaise	Tandoori Chicken in Pitta with Salad (PB)
Vegetables	Sweetcorn Fresh Broccoli	Green Beans Fresh Carrots	Seasonal Fresh Vegetables	Mixed Vegetables Sweetcorn	Garden Peas Baked Beans
Dessert	Apple & Pear Compote with Yoghurt (PB)	Banana Mousse with Mango & Pineapple (V)	Mixed Berry Jelly Pot (PB)	Apple Sponge (Eve's Pudding) with Custard (SS) (V)	Seasonal Fruit Salad with Ice Cream (V)

Also Available: Salad Bar (V) Home Baked Bread (V) Fruit* (PB) Yoghurt* (V) Cheese & Crackers* (V)

(PB) Plant Based
(V) Vegetarian
(SS) Sugar Smart

HMC Halal (un-stunned) meat is served at this school.

HOW WE DO LUNCH









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