

Colmore Infant and Junior School

Week 4 21/09/2026	Monday Chef Choice	Tuesday Fishy Tuesday	Wednesday Best of British	Thursday World Foods	Friday Fruity Friday
Main Option 1	Beef Bolognaise with Pasta and Garlic Bread	Cod Fish Fingers with Tomato Sauce & Lemon Wedges	Roast Chicken Yorkshire Puddings & Stuffing	Beef Meatballs in Tomato sauce With Spaghetti	Pepperoni and Cheese Pizza
Main Option 2	Tomato & Basil Pasta With Garlic Bread (V) (VE)	Homemade Vegetable Pie & Gravy (V)	Roast Vegan Quorn, Yorkshire Puddings & Stuffing (V) (VE)	Plant Based Meatballs in Tomato Sauce With Spaghetti (V) (VE)	Cheese and Tomato Pizza (V) (VE)
Lighter Option	Tuna Mayo & salad Wrap with Tortilla Chips	Smokey Three Bean Chilli with Rice & Pitta Bread (V) (VE)	Vegetarian Shepherds Pie with Bubble & Squeak . (V) (VE)	Baked Potato With Tuna Mayo	Wholemeal Cheese Sandwich & Crisps (V)
Carbohydrate/ Vegetable	Wholegrain Pasta	Mashed Potato	Roast Potatoes	Wholegrain Spaghetti	Chips
	Sweetcorn / Peas	Roasted Parsnips	Green Beans / Carrots	farmhouse Mixed Vegetables	Reduced Sugar & Salt Baked Beans
	Grilled Tomatoes	Broccoli	Cauliflower Cheese	Petit Pois	Assorted Fruit Bags
Salad		Assorted Salad	Assorted Salad	Assorted Salad	Assorted Salad
Breads	Garlic Bread	Assorted Bread	Assorted Bread	Garlic Bread	Assorted Bread
Dessert	Fruit Smoothies	Waffles & Fresh fruit salad	Chocolate Cracknells & Custard	Rice Cakes & Milk Shake	Ice cream tubs
	Fruit Basket	Fruit Basket	Fruit Basket	Fruit Basket	