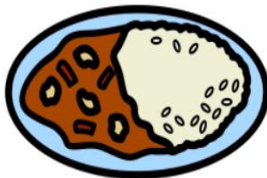
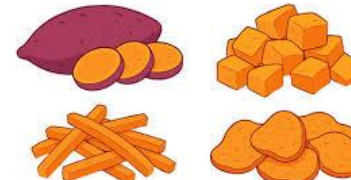
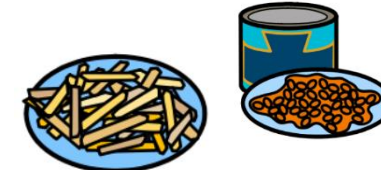


Mapesbury School Menu Autumn 2026

Week 1	Planet Friendly Monday			Tuesday			Wednesday			Thursday			Friday	
Main Option 1	Vegetable curry served with seasoned basmati rice			Italian style Bolognaise			Roast Chicken served with roast potatoes			Chicken Sausages served with mashed potatoes and a red onion gravy			MSC Breaded Cod Fillet and chips	
				   						   			  	
Main Option 2	Creamy Cauliflower Cheese			Vegetable Pie on shortcrust base			Broccoli & cheddar Quiche			Quorn Sausages served with roast potatoes			Tomato and Quorn wrap	
	  			   			   			  			   	
Side Option	Vegetable Medley			Sliced Green beans			Carrot and Broccoli Medley			Steamed Peas & Sweetcorn			Minted Peas or Baked Beans	
														
Dessert Option	Freshly Cut Fruit Shortbread cookies			Freshly Cut Fruit or Natural Yoghurt with Fruit Slices			Freshly Cut Fruit			Freshly Cut Fruit or Natural Yoghurt with Fruit Slices			Homemade Carrot Cake	
	  												   	
Allergens	 Gluten	 Milk	 Eggs	 Fish	 Mustard	 Soy Bean	 Celery	 Sesame	 Sulphur	 Lupin	 Tree nuts	 Peanut	 Crustaceans	 Molluscs
	Gluten	Milk	Eggs	Fish	Mustard	Soy Bean	Celery	Sesame	Sulphur	Lupin	Tree nuts	Peanuts	Crustaceans	Molluscs

Mapesbury School Menu Autumn 2026

Week 2	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday									
Main Option 1	Jacket Potato with cheese or beans   	Creamy Chicken curry served with basmati rice  	Peri Peri Chicken with roast potato   	Cheeseburger pr Quorn burger in a bun    	MSC Breaded Cod Fish fingers   									
	Main Option 2	Vegetable Biryani   	Potato Dauphinoise    	Potato and Leek gratin served in a creamy sauce    	   	Vegetable & Cheese Omelette    								
Side Option	Diced sweet potatoes 	Garden Peas & Sweetcorn 	Seasonal Fresh vegetable 	Mixed Vegetables 	Chips and Baked Beans 									
	Dessert Option	Strawberry Jelly 	Freshly Cut Fruit or Natural Yoghurt with Fruit Compote  	Freshly Cut Fruit or Natural Yoghurt with Strawberry Slices  	Freshly cut fruit medley 	Chocolate cake & Sauce   								
Allergens	 Gluten	 Milk	 Eggs	 Fish	 Mustard	 Soy Bean	 Celery	 Sesame	 Sulphur	 Lupin	 Tree nuts	 Peanuts	 Crustaceans	 Molluscs
	Gluten	Milk	Eggs	Fish	Mustard	Soy Bean	Celery	Sesame	Sulphur	Lupin	Tree nuts	Peanuts	Crustaceans	Molluscs

Mapesbury School Menu Autumn 2026

Week 3	Planet Friendly Monday	Tuesday	Wednesday	Thursday	Friday
Main Option 1	Vegetable Moussaka   	Beef or Quorn meatballs in tomato Sauce Served with spaghetti 	Roast Chicken with potato wedges 	Pizza Extravaganza with variety of Pizza toppings: Cheese & Tomato (V) Paprika Chicken Served with garlic naan bread 	MSC Breaded Cod Fillet and chips   
Main Option 2	Jacket Potato with Beans or Cheese   	    	Rainbow vegetable Tart roasted in a homemade puff pastry base    	   	Crispy baked eggplant topped with Mozzarella    
Side Option	Seasonal Fresh vegetable 	Cooked cabbage 	Carrot and Broccoli medley 	Rainbow Slaw 	Baked beans or garden peas 
Dessert Option	Bread Pudding & Custard    	Freshly Cut Fruit or Natural Yoghurt with Fruit Compote 	Freshly Cut Fruit or Natural Yoghurt with Banana Slices 	Freshly Cut Fruit or Natural Yoghurt with Honey & Toasted Oats 	Vanilla Sponge cake   

Allergens														
	Gluten	Milk	Eggs	Fish	Mustard	Soy Bean	Celery	Sesame	Sulphur	Lupin	Tree nuts	Peanuts	Crustaceans	Molluscs