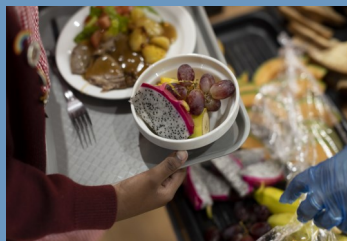




St Christopher's Prep
School & Nursery



AUTUMN TERM 2026/27 LUNCH MENU Week 1



St Christopher's Prep
School & Nursery

MONDAY

Penne Pasta with Green Pesto
Cauliflower Cheese Baked Pasta
Fresh Broccoli

Strawberry Yogurt

TUESDAY

Jollof Rice with BBQ Chicken
Jollof Rice with Vegetables
Mashed potatoes
Salad

Chocolate Sponge with Icing

WEDNESDAY

Spaghetti Bolognese
Quorn Mince Bolognese in a Toma-
to Sauce
Sliced Ciabatta Bread
Fresh Kale

Fresh Fruit Cake

EVERYDAY

Jacket Potatoes
Bread
Baked Beans
Salad Bar
Fresh Fruit

THURSDAY

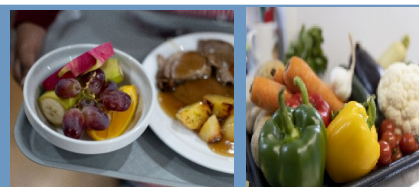
Chicken Roast with Vegetables
Vegetable Quiche
Green Beans

Mixed Fruit Salad

FRIDAY

Chicken / Beef Burger
Bean Burger
Chunky Chips
Green Salad

Chocolate Flapjack



HEALTHY EATING PYRAMID



Staying Healthy
There are many ways to stay healthy.
Some of these ways are:

Exercising
everyday



Eating Healthy
Foods



Being Happy

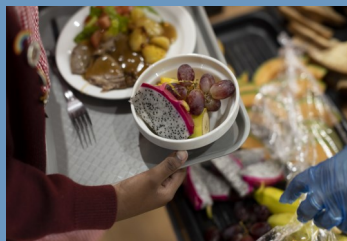


Getting lots
of sleep





St Christopher's Prep
School & Nursery



AUTUMN TERM 2026/27 LUNCH MENU Week 2



St Christopher's Prep
School & Nursery

'MONDAY

Italian Style Baked Pasta with
Garlic Bread
Jacket Potato with Tuna Sweetcorn
Fresh Broccoli

Raspberry Yogurt

'TUESDAY

Chicken Chow Mein
Vegetable Chow Mein
Chinese Style Vegetable Medley

Blueberry Muffin

WEDNESDAY

Lamb Roast with Yorkshire
Pudding
Quorn South Style Escalope
Spiced Cauliflower

Pineapple Upside Down Cake

EVERYDAY

Jacket Potatoes
Bread
Baked Beans
Salad Bar
Fresh Fruit

THURSDAY

Mild Chicken Curry
Sweet Potato and Red Lentil Curry
Naan Bread and Fluffy Rice

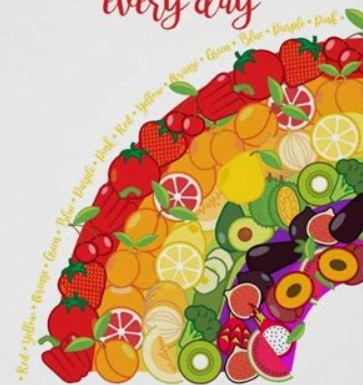
Mixed Fruit Yogurt

FRIDAY

Fish Fingers
Vegetable Nuggets
Chunky Chips
Mixed Salad

Sliced Fruits

EAT A RAINBOW
of FRUIT and VEGETABLES
every day

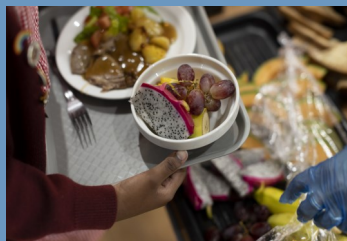


RISE UP
TO HEALTH





St Christopher's Prep
School & Nursery



AUTUMN TERM 2026/27

LUNCH MENU

Week 3



St Christopher's Prep
School & Nursery

MONDAY

Jacket Potato with Tuna &
Sweetcorn or Cheese & Coleslaw
Penne Pasta with Arrabiata Sauce
Fresh Broccoli

Fresh Fruit & Yogurt

TUESDAY

Lamb Chilli Con Carne
Beans Con Carne
Rice & Tortilla Chips with
Sour Cream

White Chocolate Cookies

WEDNESDAY

Chicken Sausage & Mash
Vegetable Sausage & Mash
Green Peas
Onion Gravy

Fresh Fruit Cake

EVERYDAY

Jacket Potatoes
Bread
Baked Beans
Salad Bar
Fresh Fruit

THURSDAY

Meat Lasagne
Vegetable Mince Lasagne
Rosemary & Garlic Bread

Frozen Yogurt

FRIDAY

Homemade Mixed Vegetable Pizza
Margarita Pizza
Chunky Chips
Green Salad

Sliced Fruit

