

(M) Meat (V) Vegetarian	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Jacket potatoes with Tuna and Sweetcorn (M) or Cheese & Baked beans Seasonal Salad Fresh Fruit and Yogurt	Cottage Pie (M) or Vegetarian Cottage Pie (V) with gravy and seasonal vegetables Fresh Fruit and Yogurt	Pasta with tomato sauce and cheese (V) with bean salad and seasonal vegetables Fresh Fruit and Yogurt	Fish Fingers (M) or Fishless Fingers (V) with Potato wedges and baked beans Seasonal Salad and Vegetables Fresh Fruit and Yogurt	Sweet & Sour chicken (M) or Sweet & sour Tofu (V) Steamed rice Seasonal Salads and Vegetables Fresh Fruit and Yogurt
Allergens:	D, E, G, I	A, B, G, M	A, B, G	B, E, G	A, B, G, M
WEEK 2	Macaroni Cheese (V) with Seasonal Salads and Vegetables Fresh Fruit and Yogurt	Chicken and Banana curry (M) Or Vegetable Jalfrezi (V) with rice Seasonal Salads and Vegetables Fresh Fruit and Yogurt	Cheese, Tomato & Vegetable Pizza (V) Seasonal Salad Fresh Fruit and Yogurt	Fisherman’s Pie (M) or Vegetable pie (V) Seasonal Salads and Vegetables Fresh Fruit and Yogurt	Vegetable Bolognese (V) Seasonal Salads and Vegetables Fresh Fruit and Yogurt
Allergens:	B, G	A, G, I, N	B, G	B, E, G	A, B, G, M
WEEK 3	Pasta with tomato sauce and cheese (V) with bean salad and seasonal vegetables Fresh Fruit and Yogurt	Roast Chicken (M) or Quorn roast (V) with mash potatoes, seasonal vegetables & Gravy Fresh Fruit and Yogurt	Vegetable and chickpea stir fry with egg Noodles (V) Seasonal Salads and Vegetables Fresh Fruit and Yogurt	Bang Tasty chicken drumsticks (M) chickpea and potato curry (V) Rice and peas Seasonal Salads and Vegetables Fresh Fruit and Yogurt	Pasta Ratatouille bake (V) Seasonal Salads and Vegetables Fresh Fruit and Yogurt
Allergens:	A, B, G	B, D, G, M	A, B, D, G, M	A, B, G, I	A, B, G
WEEK 4	Jacket potatoes with Tuna and Sweetcorn (M) or Cheese & Baked beans Seasonal Salads and Vegetables Fresh Fruit and Yogurt	Cous Cous with Fish curry (M) or vegetable curry (V) Fresh Fruit and Yogurt	Vegetarian Chilli Con Carne (V) Bulgar Wheat Seasonal Salads and Vegetables Fresh Fruit and Yogurt	Jerk chicken (M) or Jerk Tofu Kebabs (V) with rice & peas Coleslaw Seasonal Salads Fresh Fruit and Yogurt	Fish Fingers (M) or Fishless Fingers (V) with Potato wedges and baked beans Seasonal Salads and Vegetables Fresh Fruit and Yogurt
Allergens:	D, E, G, I	A, E, G	A, B, G, D	A, D, G, I, M	B, E, G



Rowland Hill Nursery Lunch Menu
Autumn Term 2026

*Please note that on some days the menu may be subject to change

Allergen Key			Week 1	Week 2	Week 3	Week 4
A= Celery B= Cereals containing gluten C= Crustaceans D= Eggs E= Fish F= Lupin G= Milk	H= Molluscs	W/C	7.09.26	14.09.26	21.09.26	28.09.26
	I= Mustard		05.10.26	12.10.26	19.10.26	26.10.26
	J= Nuts		02.11.26	09.11.26	16.11.26	23.11.26
	K= Peanuts		30.11.26	7.12.26	14.12.26	
	L= Sesame seeds					
	M= Soya					
	N= Sulphur dioxide					