

AUTUMN/ WINTER 2026

FRESH!

NUTRITIOUS

TANFIELD LEA COMMUNITY PRIMARY SCHOOL

MEALS AT A GLANCE

We believe school meals should be nutritious, varied and enjoyable - helping every child feel fuelled, focused and ready to learn.

Nutritious and Balanced

- ✓ Our Autumn/Winter menu provides balanced, tasty and nutritious meals for pupils
- ✓ Meals are carefully balanced with carbohydrates, protein and healthy fats to support wellbeing
- ✓ Menus offer variety, colour and familiar seasonal dishes that appeal to pupils

Fresh and Varied

- ✓ Fresh fruit and vegetables are available daily to encourage nutrient dense plates
- ✓ A wide variety of colourful vegetables are offered each week including seasonal choices where possible

Standards You Can Trust

- ✓ All Menus are developed in line with the School Food Standards
- ✓ No Food Standards Agency (FSA) prohibited additives are used in our meals
- ✓ Meat dishes meet Government Buying Standards (GBS) requirements
- ✓ Oily Fish is included in accordance with the School Food Standards

Something for Everyone

- ✓ Vegetarian options are available every day with plant-based dishes featured across the menu cycle
- ✓ Allergy Aware and bespoke menus are available to support pupils with specific dietary needs

Healthier Choices

- ✓ Wholegrain carbohydrate options are regularly included, such as, wholemeal bread, wholegrain rice and wholewheat pasta
- ✓ Ingredients and recipes meet, or are below, Public Health England targets for sugar and salt

TASTY

FRUITY!

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WINTER
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TASTY

HOT DISHES

DELI



VEG

DESSERT

**AVAILABLE
DAILY**



**FRESH FRUIT, FRESHLY BAKED
BREAD, YOGHURT AND WATER**

 Vegetarian  Wholegrain  Nutritionist's Choice  Oily Fish (Salmon)  Fruity  Vegan

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese and Tomato Pizza with Potato Wedges / Pasta  	Sausage Burger with Corn on the Cob 	Roast Chicken, Yorkshire Pudding Stuffing, New Potatoes and Gravy	Mince and Onion Pie with Mashed Potato 	Fish Fingers with Chips
OPTION 2	Messy Spaghetti  	Veggie Burger with Corn on the Cob 	Quorn Roast, Yorkshire Pudding Stuffing, New Potatoes and Gravy  	BBQ Veggie Wrap with Wholgrain Rice   	Quorn Dippers with Chips 
OPTION 3	Jacket Potato with Salmon	Jacket Potato with Baked Beans 	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheese 	Jacket Potato with Baked Beans 
OPTION 4	Ham Sandwich	Tuna Mayo Sandwich	Cheese Sandwich 	Ham Sandwich	Cheese Sandwich 
ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD					
VEG	Sweetcorn Salad Bar 	Corn on the Cob Big Bowl Salad 	Broccoli Carrots 	Carrots Sweetcorn 	Garden Pea Baked Beans 
DESSERT	Ice Cream	Ginger Biscuit with Fruit 	Jam Slice with Custard 	Flapjack 	Fruit 

FRUITY!

**WEEK 1
WEEK 2
WEEK 3**

2/11/2026, 23/11/2026, 14/12/2026,
18/01/2027, 08/02/2027, 08/03/2027



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HOT DISHES

TASTY

DELI



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	BBO Cheese Pizza with Potato Wedges / Pasta  	Beef Burger in a Bun with Corn on the Cob 	Roast Pork, Yorkshire Pudding, New Potatoes & Gravy 	Butter Chicken Curry with Rice & Naan Bread 	Fish Fingers with Chips 
OPTION 2	Macaroni Cheese 	Veggie Salsa Burger with Corn on the Cob  	Roast Quorn, Yorkshire Pudding, New Potatoes & Gravy 	Bean Pasta Bake   	Quorn Dippers with Chips 
OPTION 3	Jacket Potato with Cheese 	Jacket Potato with Baked Beans 	Jacket Potato with Tuna Mayonnaise 	Jacket Potato with Cheese 	Jacket Potato with Baked Beans 
OPTION 4	Ham Sandwich	Tuna Mayo Sandwich	Cheese Sandwich 	Ham Sandwich	Cheese Sandwich 
ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD					
VEG	Sweetcorn Salad Bar 	Salad Bar Coleslaw 	Broccoli Carrots 	Sweetcorn Green Beans 	Garden Pea Baked Beans 
DESSERT	Ice Cream	Chocolate Cookie with Fruit  	Raspberry Yoghurt Cake with Custard 	Vanilla Crunch 	Fruit 

**AVAILABLE
DAILY**



FRESH FRUIT, FRESHLY BAKED BREAD, YOGHURT AND WATER

 Vegetarian  Wholegrain  Nutritionist's Choice  Oily Fish (Salmon)  Fruity  Vegan

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09/11/2026, 30/11/2026, 04/01/2027,
25/01/2027, 22/02/2027, 15/03/2027

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WEEK 2
WEEK 3

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PARMO

DESSERT

**OPTION
1**

Cheese and Tomato
Pizza with Potato
Wedges / Pasta

**OPTION
2**

Creamy Pasta

**OPTION
3**

Jacket Potato with
Cheese

**OPTION
4**

Ham Sandwich

TUESDA

THEME DAY
Chicken Parmo with
Tomato Spaghetti

Chinese Vegetable
Rice

Jacket Potato with
Baked Beans

Tuna Mayo Sandwich

WEDNESDAY

Roast Gammon,
Yorkshire Pudding,
New Potatoes & Gravy

Roast Quorn, Yorkshire
Pudding, New
Potatoes & Gravy

Jacket Potato with
Tuna Mayonnaise

Cheese Sandwich

THURSDA

Sausage Roll with
Baked Beans & Potato
Wedges

BBO Fillet with
Wholegrain Rice

Jacket Potato with
Cheese

Ham Sandwich

FRIDA

Fish Fingers with
Chips

Quorn Dippers with
Chips

Jacket Potato with
Baked Beans

Cheese Sandwich

ALL DISHES ARE SERVED WITH CRUNCHY VEGETABLES AND / OR FRESH SALAD

VEG

Garden Peas
Salad Bar

Sweetcorn
Big Bowl Salad

Broccoli
Carrots

Salad Bar
Sweetcorn

Garden Pea
Baked Beans

Ice Cream

Custard Cookie with
Fruit

Syrup Sponge with
Custard

Chocolate Crunch

Fruit

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BREAD, YOGHURT AND WATER**

Vegetarian Wholegrain Nutritionist's Choice Oily Fish (Salmon) Fruity Vegan

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**WEEK 1
WEEK 2
WEEK 3**

16/11/2026, 07/12/2026, 11/01/2027,
01/02/2027, 01/03/2027, 22/03/2027