



CHRIST THE SAVIOUR SCHOOL

lunch menu

AUTUMN 2026

GROVE

Fresh fruit, fresh bread and salad bar available daily.
All lunches served with fresh seasonal vegetables.

WEEK 1	MEAT-FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN allergens	Jacket potato with baked beans, tuna or cheese  	Beef or chicken burger, salad and coleslaw  wheat 	Spaghetti bolognese with garlic bread and green beans  wheat	Roast chicken, roast potatoes, stuffing, carrots, gravy  wheat	Fish fingers, chips, peas or beans  wheat 
VEGETARIAN allergens	Jacket potato with baked beans, cheese and sweetcorn 	Veg or spicy bean burger, salad and coleslaw  wheat	Cheese, onion and sweetcorn quiche, new potatoes and green beans   wheat 	Spinach and sweet potato curry, rice and carrots	Vegetable fingers, chips, peas or beans  wheat
DESSERT allergens	Strawberry frozen yoghurt 	Fruit	Apple crumble and custard OR fruit   wheat	Yoghurt pot OR fresh fruit 	Orange jelly and mandarins (V) OR fruit

WEEK 2	MEAT-FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN allergens	Macaroni cheese, carrots and broccoli   wheat	Sausages, new potatoes, peas and baked beans  	Beef meatballs in tomato sauce with linguine and sweetcorn  wheat	Creamy chicken, rice, carrots, green beans	Margherita pizza and criss-cut chips OR sun-dried tomato pasta   wheat
VEGETARIAN allergens	Tomato and basil pasta, carrots and broccoli  wheat	Plant-based sausages, new potatoes, peas and baked beans 	Vegan meatballs in tomato sauce with linguine and sweetcorn  wheat, barley 	Chickpea dhal, rice, carrots and green beans	Margherita pizza and criss-cut chips OR sun-dried tomato pasta   wheat
DESSERT allergens	Peach/strawberry yoghurt OR fresh fruit 	Fruit	Banana flapjack  may contain wheat, barley, rye	Yoghurt pot OR fresh fruit 	Strawberry jelly and fruit cocktail (V)



Unfortunately, as food allergens are present in our kitchen, we cannot guarantee any menu items will be completely free from a particular allergen. If you have any food allergies or intolerances please let us know so we can help you choose a meal.
Parents are welcome to discuss allergies direct with the chef via the school office.

ALLERGEN KEY

 G gluten (wheat, barley, oats or rye)	 Milk milk	 E eggs	 F fish	 Cr crustacea	 S sesame	 C celery
 M mustard	 So soyabean	 Mo molluscs	 L lupin	 Su sulphur dioxide/sulphites	 Pn peanuts	 Tn tree nuts