



The Stable School (Beach House)

Lunch Menu Autumn 2026



Week 1

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Cowboy BBQ sausage casserole with rice	Chicken stir fry with egg noodles	Spaghetti bolognese with broccoli and peas	Roast Chicken with rosemary roasted potatoes and gravy	Cold chicken wrap and crisps
Vegetarian Choice	Macaroni cheese	Baked potato with baked beans and cheese	Vegetable quiche and roast potatoes	Veggie sausage casserole	Cheese and cucumber wraps and crisps
Vegetables	Roasted root vegetables	Stir-fry vegetables	Vegetable sticks	Steamed seasonal vegetables	Fruit
Dessert	Red velvet cake with frosting	Jelly with mandarins or yoghrt	Pear slice	Apple crumble and ice cream	Cookie
Alternative (Grab and Go)	BBQ sausage baguette	Chicken and sweet chilli mayo sandwich	Pasta and tomato sauce	Parsnip soup with bread	n/a

For allergen information, please contact the school

Week 2

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Lamb hot pot	Battered fish and oven chips	Sausage and mash	Beef lasagne	BLT sandwich and crisps
Vegetarian Choice	Chickpea and lentil curry	Spicy bean burger	Quorn sausage roast dinner	Veggie bolognese	Egg mayo sandwich and crisps
Vegetables	Steamed seasonal vegetables	Sweetcorn and carrots	Cauliflower cheese and peas	Seasonal vegetables	Fruit
Dessert	Fruity flapjack	Tropical fruit and yoghurt selection	Toffee pudding with caramel sauce	Apricot oaty bar	Pineapple muffin
Alternative (Grab and Go)	Homemade vegetable soup and bread rolls	Cheese and cucumber sandwich and crisps	Pesto pasta salad (no nuts pesto)	Jacket potato with beans and cheese	n/a

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Week 3

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meat Dish	Chicken tikka massala and rice	Beef burger and loaded wedges	Mexican-style beef burrito wrap	Roast pork, roast potatoes, gravy, apple sauce	Packed lunch from Birgitta
Vegetarian Choice	Chickpea and lentil curry	Spicy bean burger	Quorn sausage roast dinner	Veggie bolognese	
Vegetables	Salad	Vegetable sticks	Carrots and sweetcorn	Roasted vegetables	
Dessert	Carrot cake muffin	Mixed berry and apple pie	Pineapple loaf and coconut cream	Peach crumble and custard	
Alternative (Grab and Go)	Chicken tikka chapati wrap	Stuffed falafel pitta bread	Cheese and ham sandwich and crisps	Tuna pasta salad with green vegetables	