



Autumn/Winter 2026/27

Introducing our Autumn/Winter Lunch Menu, providing students with a tempting food offer using local and seasonal ingredients wherever possible. Each day we offer a combination of traditional dishes and world-flavours either as plated or street food allowing for speedy service and flexible eating. There are also filled Jacket Potatoes, weekly specials and a daily break menu available.

Some of the key nutrition principles E3 follows are:

Loaded with veg

Dishes that support eating at least five portions of fruit and veg a day

Packed with protein

Dishes that have lean protein to help fuel the body

E3 herbs and spices

Dishes that are naturally flavoured with herbs and spices boosting anti-oxidants and positively impacting the immune system

Informed choices

Increase in options for plant-based diets

Sustained energy

Dishes containing grains and rice acting as slow-releasing carbohydrates for energy

Our fresh fruit and veg supplier is based in King's Lynn.
All poultry, pork and beef we use are traceable right back to the farm
and, where possible, sourced from East Anglian suppliers

If you think you may be eligible for free school meals visit
www.gov.uk/apply-free-school-meals



Lunch menu: week one

Week commencing: 31 Aug | 21 Sept
12 Oct | 9 Nov | 30 Nov | 4 Jan | 25 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Jalfrezi with Steamed Rice, Naan Bread and Fragrant Green Beans Or Watermelon Curry with Steamed Rice, Naan Bread and Fragrant Green Beans (v)	Mexican Beef and Bean Taco with Sweetcorn Salsa, Sour Cream and Guacamole Or Vegemince and Bean Taco with Sweetcorn Salsa, Sour Cream and Guacamole (v)	Toad in the Hole with Roast Potatoes, Vegetables and Gravy Or Quorn 'Toad in the Hole' with Roast Potatoes, Vegetables and Gravy (v)	Loaded Mac 'n' Cheese with Chopped Cheeseburger, Salad and Garlic Bread Or PLANT-POWERED Mac 'n' Cheese with Salad and Garlic Bread (Ve)	Sausages or Chicken Bites or Fish Fingers with Chunky Chips, Mushy Peas, Curry Sauce or Gravy Or Margherita Pizza with Chunky Chips (v)
Meatball Mariana Sub Chicken Fajita Wrap	Pizza Selection	Vegetable Chow Mein (v) Beefburger	Chicken Tikka Wrap Tomato Mozzarella Panini (v)	Loaded Chips
Banana Cake or Fresh Fruit	Sticky Toffee Pudding or Fresh Fruit	Lemon Drizzle Cake with Custard or Fresh Fruit	Brookie or Fresh Fruit	Raspberry Muffin or Fresh Fruit

Lunch menu: week two

Week commencing: 7 Sept | 28 Sept
19 Oct | 16 Nov | 7 Dec | 11 Jan | 1 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Thai Green Chicken Curry with Coconut Rice and Stir-Fried Vegetables Or PLANT-POWERED Thai Green Curry with Coconut Rice and Stir-Fried Vegetables (Ve)	Chicken and Chorizo Paella with Garlic Bread Or Vegetarian Paella with Garlic Bread (v)	Honey-Glazed Roast Pork with Baby Roast Potatoes, Vegetables and Gravy Or Cheese and Potato Pie with Vegetables and Gravy (v)	Beef Lasagne with Garlic Focaccia and Salad Or PLANT-POWERED Roasted Vegetable Lasagne with Garlic Focaccia and Salad (Ve)	Sausages or Chicken Bites or Fish Fingers with Chunky Chips, Mushy Peas, Curry Sauce or Gravy Or Margherita Pizza with Chunky Chips (v)
Cheese Panini (v) Steak Bake	Pizza Selection	Chinese Chicken Noodles Pepperoni and Cheese Panini	Cheese and Onion Bake (v) BBQ Chicken Burger	Loaded Chips
Brownie or Fresh Fruit	Toffee Cream Tart or Fresh Fruit	Apple Crumble and Custard or Fresh Fruit	Tiramisu or Fresh Fruit	Cocoa Muffin or Fresh Fruit

Lunch menu: week three

Week commencing: 14 Sept | 5 Oct
2 Nov | 23 Nov | 14 Dec | 18 Jan | 8 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet and Sour Chicken with Lemon and Coriander Rice and Soya-tossed Cabbage Or Sweet and Sour Quorn with Lemon and Coriander Rice and Soya-tossed Cabbage (v)	Currywurst with Potato Salad and Braised Red Cabbage Or Quorn Currywurst with Potato Salad and Braised Red Cabbage (v)	Beef and Onion Pie with Rosemary Roast Potatoes, Vegetables and Gravy Or Quorn and Onion Pie with Rosemary Roast Potatoes, Vegetables and Gravy (v)	Lemon and Parsley Chicken with Pomegranate Couscous and Mediterranean Salad Or PLANT-POWERED Falafel Wrap with Pomegranate Couscous and Mediterranean Salad (Ve)	Sausages or Chicken Bites or Fish Fingers with Chunky Chips, Mushy Peas, Curry Sauce or Gravy Or Margherita Pizza with Chunky Chips (v)
Korean Vegetable and Glass Noodle Wrap (v) Hot Dog	Pizza Selection	Teriyaki Vegetable Noodles (v) Chicken Tikka Bake	Cheese and Tomato Quesadilla (v) Beefburger	Loaded Chips
Ginger Cake or Fresh Fruit	Cornflake Tart with Custard or Fresh Fruit	Cocoa Cake and Cocoa Sauce or Fresh Fruit	Churros or Fresh Fruit	Blueberry Muffin or Fresh Fruit

All plated dishes are served with a choice of seasonal vegetables or mixed salad.