

Week One

THE MENU

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WELLESLEY HADDON DENE SCHOOL
AUTUMN TERM 2026, THREE-WEEK CYCLE

DAY	MAIN	VEGETARIAN	FREE-FROM	PUDDING
MONDAY	Beef bolognese with penne <i>G</i> with Sweetcorn, garden salad	Lentil bolognese <i>G</i>	Gluten-free chicken bolognese, GF pasta FREE OF ALL 14 ALLERGENS <i>Pudding: Fresh fruit</i>	Apple & oat flapjack <i>G, M</i>
TUESDAY	Chicken tikka with rice <i>M</i> with Naan bread	Chickpea tikka <i>M</i>	Chicken & rice bowl, vegetables FREE OF ALL 14 ALLERGENS <i>Pudding: Mandarin jelly</i>	Mandarin jelly
WEDNESDAY	Roast pork, roast potatoes & gravy <i>G</i> <i>Halal / no-pork: roast chicken</i> with Carrots, seasonal greens	Roasted vegetable & halloumi tray <i>M</i>	Roast chicken, potatoes & free-from gravy FREE OF ALL 14 ALLERGENS <i>Pudding: Fruit sorbet</i>	Vanilla sponge & custard <i>G, E, M</i>
THURSDAY	Sausages & mash with gravy <i>G, M, Su</i> with Garden peas	Vegetarian sausages & mash <i>G, So, M</i>	Grilled chicken, dairy-free mash & peas FREE OF ALL 14 ALLERGENS <i>Pudding: Dairy-free yoghurt & fruit</i>	Fruit & yoghurt pot <i>M</i>
FRIDAY	Crisp battered fish & chips <i>F, G, M</i> with Baked beans or peas	Cheese & tomato quiche with chips <i>G, E, M</i>	Gluten-free fish & chips GLUTEN-FREE · FISH ALLERGY: CHICKEN OR GF CHICKEN <i>Pudding: Fresh fruit</i>	Chocolate brownie <i>G, E, M, So</i>

Allergen key: G Gluten · E Egg · M Milk · F Fish · Ce Celery · Mu Mustard · So Soya · Su Sulphites. **Strictly nut-free and sesame-free kitchen** (no peanuts, tree nuts or sesame). Not used across the menu: crustaceans, molluscs, lupin. **The Free-from meal is prepared free of all 14 statutory allergens**, with fresh fruit or fruit jelly as a free-from pudding daily. Some pupils have needs beyond the 14 (e.g. pea, kiwi, raw tomato), managed individually with parents and the office.

Week Two

THE MENU

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WELLESLEY HADDON DENE SCHOOL
AUTUMN TERM 2026, THREE-WEEK CYCLE

DAY	MAIN	VEGETARIAN	FREE-FROM	PUDDING
MONDAY	Chicken & mushroom pie with mash <i>G, M</i> with Green beans	Cheese & leek pie <i>G, E, M</i>	GF chicken & vegetable casserole, dairy-free mash FREE OF ALL 14 ALLERGENS <i>Pudding: Fresh fruit</i>	Rice pudding with jam <i>M</i>
TUESDAY	Beef chilli with rice with Corn tortilla chips, salad	Three-bean chilli	Gluten-free beef chilli & rice FREE OF ALL 14 ALLERGENS <i>Pudding: Fruit jelly</i>	Banana loaf <i>G, E, M</i>
WEDNESDAY	Roast gammon, roast potatoes & gravy <i>G</i> <i>Halal / no-pork: roast chicken</i> with Cabbage, carrots	Macaroni cheese <i>G, M</i>	Roast chicken, potatoes & free-from gravy FREE OF ALL 14 ALLERGENS <i>Pudding: Fruit salad</i>	Apple crumble & custard <i>G, M</i>
THURSDAY	Chicken noodles <i>G, So</i> with Cucumber & carrot sticks	Vegetable noodles <i>G, So</i>	Chicken with rice & vegetables FREE OF ALL 14 ALLERGENS <i>Pudding: Dairy-free yoghurt & fruit</i>	Peach & vanilla yoghurt pot <i>M</i>
FRIDAY	Fish fingers & chips <i>F, G</i> with Baked beans or peas	Veggie fingers & chips <i>G</i>	Gluten-free fish fingers & chips GLUTEN-FREE · FISH ALLERGY: CHICKEN OR GF CHICKEN <i>Pudding: Fresh fruit</i>	Iced sponge <i>G, E, M</i>

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Week Three

THE MENU

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WELLESLEY HADDON DENE SCHOOL
AUTUMN TERM 2026, THREE-WEEK CYCLE

DAY	MAIN	VEGETARIAN	FREE-FROM	PUDDING
MONDAY	Cottage pie <i>M</i> with Seasonal greens	Vegetarian cottage pie <i>M</i>	GF chicken & vegetable hotpot, dairy-free mash FREE OF ALL 14 ALLERGENS Pudding: Fruit sorbet	Pear & chocolate sponge <i>G, E, M, So</i>
TUESDAY	Chicken fajitas in a wrap <i>G</i> with Rice, sweetcorn salsa	Vegetable fajitas in a wrap <i>G</i>	Chicken fajita rice bowl FREE OF ALL 14 ALLERGENS Pudding: Fruit jelly	Fruit jelly
WEDNESDAY	Roast turkey, roast potatoes & gravy <i>G</i> with Carrots, broccoli	Vegetable wellington <i>G, E, M</i>	Roast turkey, potatoes & free-from gravy FREE OF ALL 14 ALLERGENS Pudding: Fresh fruit	Lemon drizzle & custard <i>G, E, M</i>
THURSDAY	Meatballs in tomato sauce with pasta <i>G</i> with Garden salad	Vegetarian meatballs with pasta <i>G, So</i>	GF chicken meatballs, tomato sauce & GF pasta FREE OF ALL 14 ALLERGENS Pudding: Dairy-free yoghurt & fruit	Yoghurt with berry compote <i>M</i>
FRIDAY	Salmon fishcakes & chips <i>F, G</i> with Baked beans or peas	Margherita pizza with chips <i>G, M</i>	Gluten-free salmon fishcakes & chips GLUTEN-FREE · FISH ALLERGY: CHICKEN OR GF CHICKEN Pudding: Fresh fruit	Chocolate crispy cake <i>G, M, So</i>

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