

Week commencing 31 August 2026 (Cycle week 1)

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN				
Bank Holiday	Staff Training	Staff Training	Beef LASAGNE Garlic BREAD Mixed Salad (GLUTEN,DAIRY,EGG)	Battered POLLOCK Chunky Chips Garden Peas (FISH)
Bank Holiday	Staff Training	Staff Training	Potato GNOCCHI with Tomato and MOZZARELLA Garlic BREAD Mixed Salad (GLUTEN,DAIRY,EGG)	Tomato and Broccoli TART Chunky Chips Garden Peas (GLUTEN,DAIRY,EGG)
Bank Holiday	Staff Training	Staff Training	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)
Bank Holiday	Staff Training	Staff Training	Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)
DESSERT				
Bank Holiday	Staff Training	Staff Training	Lemon CAKE (GLUTEN,DAIRY,EGG)	Watermelon Slice.
Bank Holiday	Staff Training	Staff Training	Sugar Free Fruit Jelly	Sugar Free Fruit Jelly
Bank Holiday	Staff Training	Staff Training	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)
Bank Holiday	Staff Training	Staff Training	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot

Week commencing 07 September 2026 (Cycle week 2)

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN				
Braised Beef MEATBALLS WHOLEMEAL PASTA Steamed Broccoli (GLUTEN,EGG)	Cottage Pie Peas and Carrots	Roast Chicken Roast Potatoes Mixed Vegetables	Homemade SAUSAGE ROLLS Crispy Potatoes Baked Beans (GLUTEN,EGG,DAIRY)	FISH Finger WRAPS Chunky Chips Garden Peas (FISH,GLUTEN,EGG)
Wholemeal PASTA Bake Steamed Broccoli (GLUTEN,DAIRY)	Potato and Leek PIE Peas and Carrots (DAIRY,GLUTEN,EGG)	Vegetable PASTIE Roast Potatoes Mixed Vegetables (GLUTEN,EGG)	Bubble and SQUEAK Crispy Potatoes Baked Beans (GLUTEN,EGG)	Lentil and Vegetable Chilli Chunky Chips Garden Peas
Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)
Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)
DESSERT				
TOFFEE and Banana SPONGE (GLUTEN,DAIRY,EGG)	Lemon and Coconut SHORTBREAD (GLUTEN,DAIRY)	Raspberry and Chocolate FLAPJACK Bites (DAIRY,GLUTEN)	Apple STRUDEL (GLUTEN,DAIRY)	Pineapple Wedge
Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)
Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)
Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot

Week commencing 14 September 2026 (Cycle week 3)

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN				
CREAMY Chicken Curry Steamed Rice Garlic Green Beans with Red Onion (DAIRY)	Beef and Vegetable PIE Baby Potatoes Steamed Carrots (GLUTEN,DAIRY,EGG)	Roast Pork Roast Potatoes Mixed Greens	Sweet and Sour Chicken Noodles Stir Fried Vegetables (GLUTEN,SOYA,EGG)	BREADED FISHCAKE Chunky Chips Garden Peas (FISH,GLUTEN,EGG)
Vegetable and Black Bean BURRITOS Steamed Rice Garlic Green Beans with Red Onion (GLUTEN)	Ratatouille PUFF PASTRY Swirl Baby Potatoes Steamed Carrots (GLUTEN,DAIRY)	Crispy Leek and CHEESE SAUSAGES Roast Pork Roast Potatoes Mixed Greens (GLUTEN,EGG,DAIRY)	Courgette and Lemon RISOTTO Stir Fried Vegetables (DAIRY,GLUTEN,SOYA)	Butternut Squash and Coconut Curry Chunky Chips Garden Peas
Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)
Gammon Ham SANDWICH (GLUTEN,DAIRY)	Gammon Ham SANDWICH (GLUTEN,DAIRY)	Gammon Ham SANDWICH (GLUTEN,DAIRY)	Gammon Ham SANDWICH (GLUTEN,DAIRY)	Gammon Ham SANDWICH (GLUTEN,DAIRY)
DESSERT				
Fudge TART (DAIRY,GLUTEN)	Carrot Cake (GLUTEN,EGG,DAIRY)	Chocolate and Maple SWIRL (GLUTEN,EGG,DAIRY)	Viennese WHIRL (GLUTEN,DAIRY)	Melon Wedge
Vanilla Ice CREAM Pot (DAIRY)	Vanilla Ice CREAM Pot (DAIRY)	Vanilla Ice CREAM Pot (DAIRY)	Vanilla Ice CREAM Pot (DAIRY)	Vanilla Ice CREAM Pot (DAIRY)
Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)
Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot

Week commencing 21 September 2026 (Cycle week 4)

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN				
TOAD in the HOLE Mashed Potato Peas and Carrots (GLUTEN,EGGS,DAIRY)	Chicken and Sweet Pepper ENCHILADAS Mexican Rice Vegetable SALAD (GLUTEN,EGG)	Roast Turkey Roast Potatoes Roasted Carrots	MARGARITA PIZZA Herby Potatoes COLESLAW (GLUTEN,DAIRY,EGG, MUSTARD)	Battered POLLOCK Chunky Chips Garden Peas (FISH)
Tomato and MOZZARELLA SCONES Mashed Potato Peas and Carrots (GLUTEN,EGGS,DAIRY)	Vegetable LASAGNE Vegetable SALAD (GLUTEN,EGG,DAIRY)	Vegetable Stuffed YORKSHIRE PUDDING Roast Potatoes Roasted Carrots (GLUTEN,EGG,DAIRY)	Huevos RANCHEROS Herby Potatoes COLESLAW (GLUTEN,DAIRY,EGG, MUSTARD)	Garlic STUFFED Mushroom Chunky Chips Garden Peas (GLUTEN,DAIRY)
Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)
Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)
DESSERT				
Eves PUDDING (GLUTEN,EGG,DAIRY)	Raspberry and OAT MUFFIN (GLUTEN,EGG,DAIRY)	Treacle TART (GLUTEN,DAIRY,EGG)	Chocolate and Orange Marble SPONGE (GLUTEN,DAIRY,EGG)	Fruit Kebab
Sugar Free Fruit Jelly	Sugar Free Fruit Jelly	Sugar Free Fruit Jelly	Sugar Free Fruit Jelly	Sugar Free Fruit Jelly
Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)
Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot

Week commencing 28 September 2026 (Cycle week 5)

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN				
Chilli Con Carne Vegetable Rice Tortilla Chips	Homemade SCOTCH EGG Saute Potato Mixed Vegetables (GLUTEN,EGG)	Roast Beef YORKSHIRE PUDDING Roast Potatoes Roasted Roots (GLUTEN,EGG,DAIRY)	Beef LASAGNE Garlic BREAD Mixed Salad (GLUTEN,DAIRY,EGG)	FISH Finger WRAPS Chunky Chips Garden Peas (FISH,GLUTEN,EGG)
Mixed Bean and Vegetable Stuffed Tomato Vegetable Rice Tortilla Chips	MACARONI CHEESE Saute Potato Mixed Vegetables (GLUTEN,EGG,DAIRY))	Vegetable Cottage Pie Roast Potatoes Roasted Roots	Potato GNOCCHI with Tomato and MOZZARELLA Garlic BREAD Mixed Salad (GLUTEN,DAIRY,EGG)	Tomato and Broccoli TART Chunky Chips Garden Peas (GLUTEN,DAIRY,EGG)
Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)
Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)
DESSERT				
Cinnamon SWIRL (GLUTEN)	Vanilla COOKIE (GLUTEN,DAIRY)	Red Fruit CHEESECAKE (GLUTEN,DAIRY)	Swiss ROLL (GLUTEN,EGG)	Chocolate BROWNIE (GLUTEN,DAIRY,EGG)
Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)
Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)
Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot

Week commencing 05 October 2026 (Cycle week 6)

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN				
Braised Beef MEATBALLS WHOLEMEAL PASTA Steamed Broccoli (GLUTEN,EGG)	Cottage Pie Peas and Carrots	Roast Chicken Roast Potatoes	Homemade SAUSAGE ROLLS Crispy Potatoes Baked Beans (GLUTEN,EGG,DAIRY)	BREADED FISHCAKE Chunky Chips Garden Peas (FISH,GLUTEN,EGG)
Wholemeal PASTA Bake Steamed Broccoli (GLUTEN,DAIRY)	Potato and Leek PIE Peas and Carrots (DAIRY,GLUTEN,EGG)	Vegetable PASTIE Roast Potatoes Mixed Vegetables (GLUTEN,EGG)	Bubble and SQUEAK Crispy Potatoes Baked Beans (GLUTEN,EGG)	Lentil and Vegetable Chilli Chunky Chips Garden Peas
Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)
Gammon Ham SANDWICH (GLUTEN,DAIRY)	Gammon Ham SANDWICH (GLUTEN,DAIRY)	Gammon Ham SANDWICH (GLUTEN,DAIRY)	Gammon Ham SANDWICH (GLUTEN,DAIRY)	Gammon Ham SANDWICH (GLUTEN,DAIRY)
DESSERT				
TOFFEE and Banana SPONGE (GLUTEN,DAIRY,EGG)	Lemon and Coconut SHORTBREAD (GLUTEN,DAIRY)	Raspberry and Chocolate FLAPJACK Bites (DAIRY,GLUTEN)	Apple STRUDEL (GLUTEN,DAIRY)	Pineapple Wedge
Vanilla Ice CREAM Pot (DAIRY)	Vanilla Ice CREAM Pot (DAIRY)	Vanilla Ice CREAM Pot (DAIRY)	Vanilla Ice CREAM Pot (DAIRY)	Vanilla Ice CREAM Pot (DAIRY)
Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)
Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot

Week commencing 12 October 2026 (Cycle week 7)

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN				
CREAMY Chicken Curry Steamed Rice Garlic Green Beans with Red Onion (DAIRY)	Beef and Vegetable PIE Baby Potatoes Steamed Carrots (GLUTEN,DAIRY,EGG)	Roast Pork Roast Potatoes Mixed Greens	Sweet and Sour Chicken Noodles Stir Fried Vegetables (GLUTEN,SOYA,EGG)	Battered POLLOCK Chunky Chips Garden Peas (FISH)
Vegetable and Black Bean BURRITOS Steamed Rice Garlic Green Beans with Red Onion (GLUTEN)	Ratatouille PUFF PASTRY Swirl Baby Potatoes Steamed Carrots (GLUTEN,DAIRY)	Crispy Leek and CHEESE SAUSAGES Roast Pork Roast Potatoes Mixed Greens (GLUTEN,EGG,DAIRY)	Courgette and Lemon RISOTTO Stir Fried Vegetables (DAIRY,GLUTEN,SOYA)	Butternut Squash and Coconut Curry Chunky Chips Garden Peas
Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)
Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)	Strawberry Jam SANDWICH (GLUTEN,DAIRY)
DESSERT				
Fudge TART (DAIRY,GLUTEN)	Carrot Cake (GLUTEN,EGG,DAIRY)	Chocolate and Maple SWIRL (GLUTEN,EGG,DAIRY)	Viennese WHIRL (GLUTEN,DAIRY)	Melon Wedge
Sugar Free Fruit Jelly	Sugar Free Fruit Jelly	Sugar Free Fruit Jelly	Sugar Free Fruit Jelly	Sugar Free Fruit Jelly
Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)
Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot

Week commencing 19 October 2026 (Cycle week 8)

Monday	Tuesday	Wednesday	Thursday	Friday
MAIN				
TOAD in the HOLE Mashed Potato Peas and Carrots (GLUTEN,EGGS,DAIRY)	Chicken and Sweet Pepper ENCHILADAS Mexican Rice Vegetable SALAD (GLUTEN,EGG)	Roast Turkey Roast Potatoes Roasted Carrots	MARGARITA PIZZA Herby Potatoes COLESLAW (GLUTEN,DAIRY,EGG, MUSTARD)	FISH Finger WRAPS Chunky Chips Garden Peas (FISH,GLUTEN,EGG)
Tomato and MOZZARELLA SCONES Mashed Potato Peas and Carrots (GLUTEN,EGGS,DAIRY)	Vegetable LASAGNE Vegetable SALAD (GLUTEN,EGG,DAIRY)	Sweet Potato and Red Onion TART Roast Potatoes Roasted Carrots (DAIRY,GLUTEN,EGGS)	Huevos RANCHEROS Herby Potatoes COLESLAW (GLUTEN,DAIRY,EGG, MUSTARD)	Garlic STUFFED Mushroom Chunky Chips Garden Peas (GLUTEN,DAIRY)
Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)	Baked Potato with Cheddar CHEESE and Baked Beans (DAIRY)
Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)	Cheddar CHEESE SANDWICH (GLUTEN,DAIRY)
DESSERT				
Eves PUDDING (GLUTEN,EGG,DAIRY)	Raspberry and OAT MUFFIN (GLUTEN,EGG,DAIRY)	Treacle TART (GLUTEN,DAIRY,EGG)	Chocolate and Orange Marble SPONGE (GLUTEN,DAIRY,EGG)	Fruit Kebab
Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)	Home Made Chocolate MOUSSE (DAIRY,EGGS)
Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)	Fruit YOGHURT (DAIRY)
Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot	Cut Fresh Fruit Pot

Pupils and staff who have a food intolerance or a food allergy are advised to notify a member of the catering team as some of our dishes may contain food allergens such as gluten, milk and spices. This will allow you to make an informed menu choice.

Fort Royal Community Primary School does not operate a nut free policy. However, we will never use nuts in any of our freshly prepared dishes. With bought in items we cannot guarantee they will be completely free of nut traces.