CITY OF LONDON FREEMEN'S SCHOOL

# Lunch

| WEEK 1<br>02/11/2026<br>23/11/2026<br>14/12/2026 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| Soup station | *Pea and Mint*<br>*Homemade Bread*<br>*Seeds and Croutons* | *Potato and Onion*<br>*Homemade Bread*<br>*Seeds and Croutons* | *Chunky Vegetable*<br>*Homemade Bread*<br>*Seeds and Croutons* | *Sweet Potato and Spinach*<br>*Homemade Bread*<br>*Seeds and Croutons* | *Mushroom*<br>*Homemade Bread*<br>*Seeds and Croutons* |
| **Main dish** | *Tomato & Herb Chicken*<br>*Pasta Bake* | *Beef Dansak With Red Lentils* | *Korean Ginger & Soy Pork* | *CLF Cheesy Cottage Pie* | *Buttermilk Chicken Burger*<br>*Brioche Bun*<br>*Spiced Mayo* |
| Plant based Vegetarian dish | *Mediterranean Filo Frittata*<br>*Tomato Herb Salsa* | *Mac n Cheese with Toppers* | *Roast Butternut Herb Pesto* | *Red Lentil & Vegetable Cottage Pie* | *Lightly Spiced Bean Burger*<br>*Brioche bun* |
| Light bites | *Baked Potato Selection*<br>*Baked Beans*<br>*Cheddar Cheese* | *Wholemeal Pasta*<br>*Roasted Tomato Sauce*<br>*Cheddar Cheese* | *Baked Potato Selection*<br>*Baked Beans*<br>*Cheddar Cheese* | *Wholemeal Pasta*<br>*Roasted Tomato Sauce*<br>*Cheddar Cheese* | *Baked Potato Selection*<br>*Baked Beans*<br>*Cheddar Cheese* |
| Sides | *Sauteed Greens*<br>*Sweetcorn* | *Herb Rice*<br>*Roast Cauliflower with Turmeric*<br>*Green Beans* | *Minted Peas*<br>*Roasted Vegetables*<br>*Garlic Noodles* | *Cauliflower*<br>*Green Beans* | *Baked Seasoned Wedges*<br>*Garden Peas and Sweetcorn* |
| Desserts | *Apple & Sultana Pie with Custard* | *Chocolate Brownie Pudding* | *Homemade Fruit Cheesecake* | *Steamed Treacle Sponge & Custard* | *Ice Cream Pots* |
| | *Freshly Cut Fruits*<br>*Whole Fruits* | *Freshly Cut Fruits*<br>*Whole Fruits* | *Freshly Cut Fruits*<br>*Whole Fruits* | *Freshly Cut Fruits*<br>*Whole Fruits* | *Freshly Cut Fruits*<br>*Whole Fruits* |
| Grab N Go dessert pots | *Fruit selection, Yogurts and Sweet treats* | *Fruit Selection, Yogurts and Sweet Treats* | *Fruit Selection, Yogurts and Sweet Treats* | *Fruit Selection, Yogurts and Sweet Treats* | *Fruit Selection, Yogurts and Sweet Treats* |
| Salad Station | *A Selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* | *A Selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* | *A Selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* | *A selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* | *A selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* |

CITY OF LONDON FREEMEN'S SCHOOL

# Lunch

| WEEK 2<br>09/1 12026<br>30/1 1/2026 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| Soup Station | *Chunky Root Veg*<br>*Homemade Bread*<br>*Seeds and Croutons* | *Homemade Bread*<br>*Seeds and Croutons* | *Vegetable Laksa*<br>*Homemade Bread*<br>*Seeds and Croutons* | *Sweetcorn Chowder*<br>*Homemade Bread*<br>*Seeds and Croutons* | *Creamy Roast Tomato*<br>*Homemade Bread*<br>*Seeds and Croutons* |
| **Main Dish** | *Moroccan Chicken Tagine* | *Chinese Sweet N Sour Chicken* | *Beef Massaman Curry*<br>*With Potato & Coconut* | *Sticky Glazed Pulled Pork,*<br>*Caramelised Onion*<br>*Garlic Flat Bread* | *Jumbo Fish Fingers,*<br>*Tartare Sauce, Lemon* |
| Plant based Vegetarian Dish | *Potato, Spinach & Leek Bake* | *Three Bean Lasagna* | *Autumn Vegetable Wellington*<br>*Herb Gravy* | *Cajun Roasted Vegetable Hash cakes BBQ Slaw* | *Mushroom and Halloumi Burger*<br>*Tomato Mayo, Pickles*<br>*Brioche Bun* |
| Light Bites | *Wholemeal Pasta*<br>*Roasted Tomato Sauce*<br>*Cheddar Cheese* | *Baked Potato Selection*<br>*Baked Beans*<br>*Cheddar Cheese* | *Wholemeal Pasta*<br>*Roasted Tomato Sauce*<br>*Cheddar Cheese* | *Pasta*<br>*Creamy herb Sauce*<br>*Roasted Tomato Sauce*<br>*Cheddar Cheese* | *Baked Potato Selection*<br>*Baked Beans*<br>*Cheddar Cheese* |
| Sides | *Herby Tomato Cous Cous*<br>*Roasted Med Veg*<br>*Chermoula Aubergine* | *Vegetable Noodles*<br>*Asian 5 Spice Vegetables*<br>*Sweet Chilli Cauliflower & Leeks* | *Sticky Rice*<br>*Stir Fried Broccoli & Carrots*<br>*Green Beans* | *Sweet N Savory Wedges*<br>*Roasted Carrots*<br>*Boston Beans*<br>*Crispy Texan Slaw* | *Chip Shop Chips*<br>*Garden Peas*<br>*Corn Coblets*<br>*Curry Sauce* |
| Desserts | *Old Fashioned School Cake* | *Cornflake Crunch Fruit Bar* | *Winter Fruit Trifle* | *Chocolate & Orange Sponge* | *Ice Cream Pot* |
| | *Freshly Cut Fruits,*<br>*Whole Fruits* | *Freshly Cut Fruits,*<br>*Whole Fruits* | *Freshly Cut Fruits,*<br>*Whole Fruits* | *Freshly Cut Fruits,*<br>*Whole Fruits* | *Freshly Cut Fruits,*<br>*Whole Fruits* |
| Grab N Go Dessert Pots | *Fruit Selection, Yogurts*<br>*and Sweet Treats* | *Fruit Selection, Yogurts*<br>*and Sweet Treats* | *Fruit Selection, Yogurts*<br>*and Sweet Treats* | *Fruit selection, Yogurts*<br>*and Sweet Treats* | *Fruit selection, Yogurts*<br>*and Sweet Treats* |
| Salad Station | *A Selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds,* | *A Selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds,* | *A Selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds,* | *A Selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds,* | *A Selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds,* |

CITY OF LONDON FREEMEN'S SCHOOL

# Lunch

| WEEK 3<br>16/11/2026<br>7/12/2026 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| Soup station | *Chinese Noodle*<br>*Homemade Bread* | *Garden Vegetable*<br>*Homemade Bread* | *Parsnip and Apple*<br>*Homemade Bread* | *Cumin and Carrot*<br>*Homemade Bread* | *Pumpkin and Sage*<br>*Homemade Bread* |
| **Main dish** | *Butchers Cumberland Sausage*<br>*& Mash* | *Chicken Katsu*<br>*Katsu Sauce* | *Pork Gyros*<br>*Flat Bread*<br>*Tzatziki* | *Classic Beef Lasagna*<br>*Garlic bread* | *Sustainable Breaded Fish*<br>*Tartare Sauce*<br>*Fresh Lemon* |
| Plant based Vegetarian dish | *Grilled Vegetable sausage*<br>*Roast Onion Gravy* | *Cauliflower Katsu*<br>*Katsu Sauce* | *Mediterranean Vegetable Gyros*<br>*Feta & Tzatziki* | *Baked Mushroom Risotto* | *Crispy Vegetable Filo Rolls*<br>*Sweet Chilli sauce* |
| Light bites | *Wholemeal Pasta*<br>*Soft Herb &Tomato Sauce*<br>*Grated Cheddar Cheese* | *Baked Potato Selection*<br>*Baked Beans*<br>*Cheddar Cheese* | *Wholemeal Pasta*<br>*Roasted Vegetable &Tomato Sauce*<br>*Grated Cheddar Cheese* | *Baked Potato Selection*<br>*Baked Beans*<br>*Cheddar Cheese* | *Wholemeal Pasta*<br>*Roasted Tomato Sauce*<br>*Grated Cheddar Cheese* |
| Sides | *Buttery Mashed Potatoes*<br>*Garden Peas*<br>*Braised Red Cabbage* | *Vegetable Noodles*<br>*Cumin Spiced Cabbage*<br>*Seasoned Broccoli* | *New Potatoes*<br>*Roast Cabbage & Leeks*<br>*Herby Cauliflower* | *Seasoned Wedges*<br>*Roasted Butternut Squash & Spinach*<br>*Green Beans* | *Shoestring Fries*<br>*Sweetcorn*<br>*Garden Peas*<br>*Curry Sauce* |
| Desserts | *Apple & Cherry Chocolate Crumble With Vanilla Sauce* | *Sticky Toffee Pudding with Custard* | *Baked Rice Pudding With Fruit Jam* | *Cinnamon & Sultana Flapjack* | *Ice Cream Pots* |
| | *Freshly Cut Fruits*<br>*Whole Fruits* | *Freshly Cut Fruits*<br>*Whole Fruits* | *Freshly Cut Fruits*<br>*Whole Fruits* | *Freshly Cut Fruits*<br>*Whole Fruits* | *Freshly Cut Fruits*<br>*Whole Fruits* |
| Grab N Go dessert pots | *Fruit Selection, Yogurts and Sweet Treats* | *Fruit Selection, Yogurts and Sweet Treats* | *Fruit Selection, Yogurts and Sweet Treats* | *Fruit Selection, Yogurts and Sweet Treats* | *Fruit Selection, Yogurts and Sweet Treats* |
| Salad Station | *A selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers,*<br>*Sweetcorn, Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* | *A selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* | *A selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn,*<br>*Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* | *A selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* | *A selection of Composite Salads*<br>*Protein and Cheese,*<br>*Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers*<br>*Selection of Flavored Oils,*<br>*Pickles, Dressings*<br>*Herby Croutons,*<br>*Toasted Seeds, Chilli Flakes* |