

CALPE SCHOOL

29th September - 24th October 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29th Sept - 3rd Oct	Traditional Shepherd's Pie with lentils, courgettes & carrots Fresh Mixed Salad & French Bread Fruit/dessert	Chicken, chickpea & vegetable casserole with couscous Fresh Mixed Salad & French Bread Fruit/dessert	Veggie-packed beef patties with jacket potato wedges, peas & carrots Fresh Mixed Salad & French Bread Fruit/dessert	Mild fruity chicken curry with long grain rice Fresh Mixed Salad & French Bread Fruit/dessert	FISHY FRIDAY Fresh breaded fish fillets with chips & baked beans Fresh Mixed Salad & French Bread Fruit/dessert
6th - 10th Oct	MEAT FREE MONDAY Chickpea & Veggie Curry served with Couscous & Hummus Flatbreads Fresh Mixed Salad & French Bread Fruit/dessert	Lasagne & Carrot sticks Fresh Mixed Salad & French Bread Fruit/dessert	Garlic & Herb Fillets of Chicken "A La Plancha" with chips & steamed broccoli Fresh Mixed Salad & French Bread Fruit/dessert	Tuna Arrabiata, grated English cheddar & carrot sticks Fresh Mixed Salad & French Bread Fruit/dessert	Meat & vegetable stew with sweet potato mash & roasted cauliflower Fresh Mixed Salad & French Bread Fruit/dessert
13th - 17th Oct	BANK HOLIDAY	Chicken fricassee with leeks, celery & sautéed potatoes served with roasted cherry tomatoes Fresh Mixed Salad & French Bread Fruit/dessert	Meatballs in a tomato and vegetable-based sauce served with rice sautéed in garlic Fresh Mixed Salad & French Bread Fruit/dessert	Chicken, carrot & leek bake with roasted cherry tomatoes Fresh Mixed Salad & French Bread Fruit/dessert	FISHY FRIDAY Salmon & leek fishcakes with baked beans Fresh Mixed Salad & French Bread Fruit/dessert
20th - 24th Oct	BANK HOLIDAY	Spaghetti Bolognese Fresh Mixed Salad & French Bread Fruit/dessert	Spinach, avocado and chicken Quesadillas with chips & sliced red pepper Fresh Mixed Salad & French Bread Fruit/dessert	Two bean chilli con carne, steamed rice and corn chips Fresh Mixed Salad & French Bread Fruit/dessert	Hot Dog & Chips HALLOWEEN Fresh Mixed Salad & French Bread Fruit/dessert