

CALPE SCHOOL

3rd - 26th September 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3rd - 5th Sept			Tuna Arrabiata, grated English cheddar & carrot sticks Fresh Mixed Salad & French Bread Fruit/dessert	Lasagne & Carrot sticks Fresh Mixed Salad & French Bread Fruit/dessert	FISHY FRIDAY Salmon & leek fishcakes with baked beans Fresh Mixed Salad & French Bread Fruit/dessert
8th - 12th Sept	MEAT FREE MONDAY Chickpea & Veggie Curry served with Couscous & Hummus Flatbreads Fresh Mixed Salad & French Bread Fruit/dessert	Traditional Shepherd's Pie with lentils, courgettes & carrots Fresh Mixed Salad & French Bread Fruit/dessert	Chicken, carrot & leek bake with roasted cherry tomatoes Fresh Mixed Salad & French Bread Fruit/dessert	Homemade pizza, with tuna, ham or cheese with grated carrots, apples & sultana salad Fresh Mixed Salad & French Bread Fruit/dessert	Meatballs in tomato & vegetable sauce with rice sautéed in garlic Fresh Mixed Salad & French Bread Fruit/dessert
15th - 19th Sept	Spinach, avocado and chicken Quesadilla with chips & sliced red pepper Fresh Mixed Salad & French Bread Fruit/dessert	Mild fruity chicken curry with long grain rice Fresh Mixed Salad & French Bread Fruit/dessert	Meat and vegetable stew with sweet potato mash & roasted cauliflower Fresh Mixed Salad & French Bread Fruit/dessert	Veggie-packed beef patties with jacket potato wedges, peas & carrots Fresh Mixed Salad & French Bread Fruit/dessert	FISHY FRIDAY Fresh breaded fish fillets with chips & baked beans Fresh Mixed Salad & French Bread Fruit/dessert
22nd - 26th Sept	MEAT FREE MONDAY Cheesy jacket potatoes & baked beans Fresh Mixed Salad & French Bread Fruit/dessert	Two bean chilli con carne, steamed rice and corn chips Fresh Mixed Salad & French Bread Fruit/dessert	Chicken fricassee with leeks, celery & sauteed potatoes served with roasted cherry tomatoes Fresh Mixed Salad & French Bread Fruit/dessert	Spaghetti Bolognaise Fresh Mixed Salad & French Bread Fruit/dessert	Roast chicken in gravy, roasted potatoes & mixed vegetables Fresh Mixed Salad & French Bread Fruit/dessert