

E3



**Autumn/Winter
2025/26**

Introducing our Autumn/Winter Lunch Menu, providing students with a tempting food offer using local and seasonal ingredients wherever possible. Each day we offer a combination of traditional dishes and world-flavours either as plated or street food allowing for speedy service and flexible eating. There are also filled Jacket Potatoes, weekly specials and a daily break menu available.

Some of the key nutrition principles E3 follows are:

Loaded with veg

Dishes that support eating at least five portions of fruit and veg a day

Packed with protein

Dishes that have lean protein to help fuel the body

E3 herbs and spices

Dishes that are naturally flavoured with herbs and spices boosting anti-oxidants and positively impacting the immune system

Informed choices

Increase in options for plant-based diets

Sustained energy

Dishes containing grains and rice acting as slow-releasing carbohydrates for energy

Our fresh fruit and veg supplier is based in King's Lynn. All poultry, pork and beef we use are traceable right back to the farm and, where possible, sourced from East Anglian suppliers

If you think you may be eligible for free school meals visit www.gov.uk/apply-free-school-meals



Lunch menu: week one

Week commencing: 1 Sept | 22 sept
13 Oct | 10 Nov | 1 Dec | 5 Jan | 26 Jan

Monday	Tuesday	Wednesday	Thursday	Friday
Keralan Chicken Curry with Steamed Rice and Naan Bread Or Keralan Vegetable Curry with Steamed Rice and Naan Bread (v)	Beef Burrito with Mexican Rice and Mixed Salad Or Vegemince Burrito with Mexican Rice and Mixed Salad (v)	Roast Pork with Roast Potatoes, Vegetables and Gravy Or Vegetable Strudel with Roast Potatoes, Vegetables and Gravy (v)	BBQ Chicken with Crispy Potato Cubes and Herby Bread Or PLANT-POWERED BBQ Plant Balls with Crispy Potato Cubes and Herby Bread (Ve)	Sausages or Chicken Bites with Chunky Chips, Mushy Peas or Baked Beans Or Margherita Pizza with Chunky Chips, Mushy Peas or Baked Beans (v)
BBQ Sausage Wrap	Creamy Garlic Chicken Pasta	PLANT-POWERED Falafel Burger with Salsa and Salad (Ve)	Roasted Vegetable Skewer with Savoury Rice (v)	Loaded Chips
Black Cherry Brownie or Fresh Fruit	Sticky Toffee Pudding or Fresh Fruit	Vanilla Cheesecake or Fresh Fruit	Cornflake Tart or Fresh Fruit	Raspberry Muffin or Fresh Fruit

Lunch menu: week two

Week commencing: 8 Sept | 29 Sept
20 Oct | 17 Nov | 8 Dec | 12 Jan | 2 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tikka Masala Curry with Steamed Rice and Naan Bread Or PLANT-POWERED Vegetable Tikka Masala Curry with Steamed Rice and Naan Bread (Ve)	Cottage Pie with Seasonal Vegetables and Gravy Or Vegemince Cottage Pie with Seasonal Vegetables and Gravy (v)	Roast Chicken with Roast Potatoes, Vegetables and Gravy Or Vegetable and Cheddar Bake with Roast Potatoes, Vegetables and Gravy (v)	Honey Chicken with Stir-Fried Vegetables and Steamed Rice Or PLANT-POWERED Sweet Chilli Vegetables with Steamed Rice (Ve)	Sausages or Chicken Bites with Chunky Chips, Mushy Peas or Baked Beans Or Sweet Potato Fritter with Chunky Chips, Peas or Baked Beans (v)
PLANT-POWERED Plant Balls with Pasta in Tomato and Basil Sauce (Ve)	Crispy Chicken Wrap with Pickles, Lettuce and Mayo	BBQ Quorn Loaded Wedges (v)	Meatball Mariana Sub	Loaded Chips
Fruit Turnover or Fresh Fruit	Bakewell Tart or Fresh Fruit	Apple Crumble and Custard or Fresh Fruit	Rocky Road or Fresh Fruit	Cocoa Muffin or Fresh Fruit

Lunch menu: week three

Week commencing: 15 Sept | 6 Oct
3 Nov | 24 Nov | 15 Dec | 19 Jan | 9 Feb

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Chicken Korma with Steamed Rice and Naan Bread Or Creamy Vegetable Korma with Steamed Rice and Naan Bread (v)	Beef Lasagne with Garlic Bread and Mixed Salad Or Mediterranean Vegetable Lasagne with Garlic Bread and Mixed Salad (v)	Sausage Plait with Creamy Mash, Vegetables and Gravy Or Cheese and Potato Pie with Vegetables and Gravy (v)	Chicken Souvlaki Flatbread with Potato Wedges and Mixed Salad Or PLANT-POWERED BBQ Plant Balls with Flatbread, Potato Wedges and Mixed Salad (Ve)	Sausages or Chicken Bites with Chunky Chips, Mushy Peas or Baked Beans Or Roasted Red Pepper Quiche with Chunky Chips, Peas or Baked Beans (v)
Sweet Chilli Chicken Sub	PLANT-POWERED Onion Bhaji Burger with Mango Chutney (Ve)	Mexican Bean Chilli with Nachos (v)	Mac 'n' Cheese (v)	Loaded Chips
Raspberry Eton Mess or Fresh Fruit	Cocoa Banana Bread or Fresh Fruit	Zesty Lemon Cheesecake or Fresh Fruit	Iced Finger Bun or Fresh Fruit	Spiced Apple Muffin or Fresh Fruit

All plated dishes are served with a choice of seasonal vegetables or mixed salad.