

E3



SPRING/SUMMER 2026

Introducing our Spring/Summer Lunch Menu, providing students with a tempting food offer using local and seasonal ingredients.

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: 23 Feb | 16 Mar
20 Apr | 11 May | 8 Jun | 29 Jun

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy Chicken Korma with Steamed Rice Or Creamy Vegetable Korma with Steamed Rice (v) Sides: Masala Cauliflower and Naan Bread	Beef Enchilada with Baked Potatoes Or Five Bean Enchiladas with Baked Potatoes (v) Sides: Sweetcorn Salsa	Giant Yorkshire Pudding with Sausages and Roast Potatoes Or PLANT-POWERED Lentil Roast with Roast Potatoes (Ve) Sides: Seasonal Vegetables and Gravy	Teriyaki Chicken Or PLANT-POWERED Vegetable Teriyaki (Ve) Sides: Noodles and Soya Garlic Vegetables	Sausages or Chicken Bites or Fish Fingers with Chunky Chips Or Margherita Pizza (v) Sides: Mushy Peas Gravy or Curry Sauce
Meatball Mariana Sub	PLANT-POWERED Singapore Noodles (Ve)	Sweet Chilli Chicken Wrap	PLANT-POWERED Roasted Squash and Chickpea Salad (Ve)	Loaded Chips
Eton Mess or Fresh Fruit	Mexican Cocoa Cake or Fresh Fruit	Lemon Drizzle Cake or Fresh Fruit	Chewy Brookie or Fresh Fruit	Raspberry Muffin or Fresh Fruit

Lunch menu: week two

Week commencing: 2 Mar | 23 Mar
27 Apr | 18 May | 15 Jun | 6 Jul

Monday	Tuesday	Wednesday	Thursday	Friday
Keralan Chicken Curry with Turmeric Rice Or PLANT-POWERED Keralan Vegetable Curry with Turmeric Rice (Ve) Sides: Coconut-Scented Patta Gobhi and Naan Bread	Build Your Own Wrap Pork Meatball or Chicken or Onion Bhaji (Ve) or Plant Balls (Ve) Sides: Rice and Salad	Honey-Roast Gammon with Baby Roast Potatoes Or Cheese and Potato Pie (v) Sides: Seasonal Vegetables and Gravy	Mac 'n' Cheese Topped with Crispy Beef Or Mac 'n' Cheese Topped with Plant Balls (v) Sides: Salad and Garlic Bread	Sausages or Chicken Bites or Fish Fingers with Chunky Chips Or Margherita Pizza (v) Sides: Mushy Peas Gravy or Curry Sauce
PLANT-POWERED Falafel Burger with Hummus and Salad (Ve)	Cheese Panini	PLANT-POWERED Sweet Chilli Vegetable Noodles (Ve)	BBQ Sausage Sub	Loaded Chips
Oaty Apple Slice or Fresh Fruit	Cornflake Tart with Custard or Fresh Fruit	Blondie or Fresh Fruit	Toffee Cream Tart or Fresh Fruit	Cocoa Muffin or Fresh Fruit

Lunch menu: week three

Week commencing: 9 Mar | 13 Apr
4 May | 1 Jun | 22 Jun | 13 Jul

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Chilli with Mexican Rice Or PLANT-POWERED Vegemince Chilli with Mexican Rice (Ve) Sides: Salsa, Guacamole and Sour Cream	BBQ Chicken Loaded Wedges Or PLANT-POWERED BBQ Plant Balls Loaded Wedges (Ve) Sides: Coleslaw	Sausages and Mashed Potatoes Or Quorn Sausages and Mashed Potatoes (v) Sides: Seasonal Vegetables and Gravy	Jamaican Jerk Chicken Or PLANT-POWERED Sweet Potato Stew (Ve) Sides: Rice 'n' Peas and Leafy Greens	Sausages or Chicken Bites or Fish Fingers with Chunky Chips Or Margherita Pizza (v) Sides: Mushy Peas Gravy or Curry Sauce
Pulled Pork Baguette	Chicken Tikka Wrap	PLANT-POWERED Teriyaki Vegetable Noodles (Ve)	Sweet Chilli Chicken Sub	Loaded Chips
Marble Cake with Custard or Fresh Fruit	Brownie or Fresh Fruit	Apple Crumble with Custard or Fresh Fruit	Rocky Road or Fresh Fruit	Carrot Cake Muffin or Fresh Fruit

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