

Three Bridges School Lunch Menu Autumn Term 1 2026



Three Bridges
SCHOOL



Week 1

31st August, 21st September, and 12th October

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	BBQ chicken served with rice and peas	Tortelloni (filled pasta) with a tomato sauce	Jacket potato with cheese and beans, tuna or plain	Bolognaise with pasta or spaghetti	Pizza /pizza rolls and potato bites
Snacks	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast

Week 2

7th September and 28th September

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Creamy sweetcorn and pea pasta bake	Chicken fajitas with a tomato sauce and soured cream	Jacket potato with cheese and beans, tuna or plain	Scrambled eggs, grilled tomato, potato waffles / toast and sausages	Fish and chips
Snacks	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast

Week 3

14th September and 5th October

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Tomato and sausage pasta bake	Fish fingers, mash and beans	Jacket potato with cheese and beans, tuna or plain	Chicken goujons with salad and new potatoes	Pizza /pizza rolls and potato bites
Snacks	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast