

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 2 • MONDAY

CLIMATE FRIENDLY MONDAY

MAIN

**Moroccan Chickpea
Tagine with
Couscous (Ve)**



SALAD

**Three-Bean &
Sweetcorn Salad (Ve)**



WITH

**Mildly spiced with
apricots; served with
roasted carrots &
courgettes**



PUDDING

**Apple & Cinnamon
Yoghurt Pots (V) or
Plant-Based Yoghurt
Pots (Ve), or Fresh
Fruit (Ve)**



(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION AUTUMN/WINTER 2026 • WEEK 2 • TUESDAY

CARIBBEAN KITCHEN



OPTION 1:

**Mild Jerk Chicken
with Rice & Peas —**
served with baked plantain,
roasted sweetcorn
& rainbow slaw



OPTION 2:

**Caribbean Veggie
Bean Patty (Ve) —**
served with rice & peas,
baked plantain, sweetcorn
& rainbow slaw



SALAD:

**Cucumber, Mint
& Yoghurt Raita
Salad (V)**



PUDDING:

**Tropical Fruit Salad
with Yoghurt (V),
Plant-Based Yoghurt
(Ve) or Fresh Fruit (Ve)**

(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION
AUTUMN/WINTER 2026 • WEEK 2 • WEDNESDAY

PASTA DAY



OPTION 1

Beef Lasagne — made with 50/50 wholewheat pasta and served with roasted cauliflower & wholemeal bread



OPTION 2

Roasted Vegetable & Lentil Lasagne (V) — made with 50/50 wholewheat pasta and served with roasted cauliflower & wholemeal bread



SALAD

Tomato, Cucumber & Basil Salad (Ve)



PUDDING

Mild Cheddar Cheese, Wholemeal Crackers & Fresh Grapes (V) or Fresh Fruit (Ve)

(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION AUTUMN/WINTER 2026 • WEEK 2 • THURSDAY

ROAST & PUDDING

OPTION 1

Harvest Roast Chicken
— served with roast potatoes, carrots, garden peas & gravy



OPTION 2

Lentil & Root Vegetable Roast (Ve) — served with carrots, garden peas & gravy



SALAD

Leafy Salad & Coleslaw (Ve)



PUDDING OF THE WEEK

Beetroot Brownie with Cocoa Sauce & Orange (V) or Fresh Cut Fruit (Ve)



(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION
AUTUMN/WINTER 2026 • WEEK 2 • FRIDAY

BUILD A WRAP



MAIN

**Build a Wrap — choose
BBQ Pulled Chicken,
Falafel Balls or
Cajun Fish**



WITH

**Served with a side
of fries & coleslaw**



SALAD

**Sweetcorn, Pepper
& Pea Salad (Ve)**



PUDDING

**Pear & Blackberry Oat
Traybake with Sliced
Apples (Ve) or Fresh
Cut Fruit (Ve)**

(V) Vegetarian • (Ve) Vegan