

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 1 • MONDAY

CARBON FRIENDLY CARIBBEAN KITCHEN



MAIN

**Caribbean Pasta
(Ve)**



WITH

**Mushrooms and
chickpeas, rainbow
mango slaw &
focaccia bread**



SALAD

**Artichoke,
Pomegranate, Rocket
& Sweetcorn
Salad (Ve)**



PUDDING

**Rainbow Fruit Pots
with Yoghurt Dip (Ve)
or Fresh Fruit (Ve)**

(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 1 • TUESDAY

CURRY HOUSE



OPTION 1

Mild Chicken Curry —
served with rice,
wholemeal chapati
bread & garlic
green beans



OPTION 2

**Sweet Potato & Lentil
Curry (Ve) —** served
with rice, wholemeal
chapati bread & garlic
green beans



SALAD

**Mango, Cos Lettuce
& Sunflower Seed
Salad (Ve)**



PUDDING

**Fresh Cut Pineapple &
Cantaloupe Melon Wedges
(Ve) with Yoghurt (V),
Plant-Based Yoghurt
(Ve) or Fresh Fruit (Ve)**

(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 1 • WEDNESDAY

PASTA DAY



OPTION 1

Puttanesca Pasta with Flaked Salmon or Tuna
— 50/50 wholewheat pasta with a crunchy pangrattato top & broccoli



OPTION 2

Tomato, Olive & Butter Bean Puttanesca (Ve) — 50/50 wholewheat pasta with a crunchy pangrattato top & broccoli



SALAD

Tomato, Cucumber & Basil Salad (Ve)



PUDDING

Greek Yoghurt, Blueberry & Oat Crunch Pot (V) or Plant-Based Version (Ve), or Fresh Fruit (Ve)

(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 1 • THURSDAY

ROAST & PUDDING

OPTION 1:

Roast Beef with Yorkshire Pudding — served with roast potatoes, carrots, garden peas & gravy



OPTION 2:

Stuffed Mixed Peppers with Mixed Beans & Herby Rice Filling (Ve) — served with roast potatoes, carrots, peas & gravy

SALAD:

Leafy Salad & Coleslaw (Ve)



PUDDING OF THE WEEK:

Lemon & Blueberry Sponge with Custard (V) or Fresh Cut Fruit (Ve)

(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 1 • FRIDAY

PIZZA FRIDAY



OPTION 1

Pepperoni Pizza



OPTION 2

Margherita Pizza (V)



SALAD

**Beetroot, Carrot
& Apple Slaw (Ve)**



PUDDING

**Cocoa Powder Topped
Banana (Ve) with Custard
(V), Oat Custard (Ve)
or Fresh Cut Fruit (Ve)**

(V) Vegetarian • (Ve) Vegan