

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 3 • MONDAY

MAC & CHEESE MONDAY



MAIN:
Toasted Chickpea
Topped Creamy
Macaroni Cheese (V)
or Plant-Based
Macaroni (Ve)

WITH:
Made with 50/50
wholewheat macaroni
and served with
garlic-roasted broccoli
& sweetcorn



SALAD:
Leafy Salad &
Coleslaw (Ve)

PUDDING:
Melon & Pineapple Cups
with Yoghurt (V),
Plant-Based Yoghurt (Ve)
or Fresh Fruit (Ve)



(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 3 • TUESDAY

WEST AFRICAN PULSE DAY

OPTION 1

Jollof Rice with Spiced Chicken — with red beans stirred through and served with steamed greens & sweetcorn

SALAD

Three-Bean & Sweetcorn Salad (Ve)

OPTION 2

Veggie Jollof Rice with Red Beans (Ve) — served with baked plantain, steamed greens & sweetcorn

PUDDING

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

(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION
AUTUMN/WINTER 2026 • WEEK 3 • WEDNESDAY

PASTA DAY

OPTION 1

Spaghetti Bolognaise
— beef & lentil ragù
served with 50/50
wholewheat spaghetti
& roasted broccoli

SALAD

**Tomato, Cucumber
& Basil Salad (Ve)**

OPTION 2

**Lentil & Vegetable
Bolognaise (Ve)** —
served with 50/50
wholewheat spaghetti
& roasted broccoli

PUDDING

**Creamy Rice Pudding
with Mango Purée (V)
or Fresh Fruit (Ve)**

(V) Vegetarian • (Ve) Vegan

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 3 • THURSDAY

COMFORT & PUDDING

OPTION 1

Creamy Chicken & Sweetcorn with Mash

— served with buttery mash, savoy cabbage & carrots



OPTION 2

Vegetable & Butter Bean Gratin (V) —

served with buttery mash, savoy cabbage & carrots



SALAD

Beetroot, Carrot & Apple Slaw (Ve)



PUDDING OF THE WEEK

Apple & Blackberry Crumble (Ve) with Custard (V), Oat Custard (Ve) or Fresh Cut Fruit (Ve)



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NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 3 • FRIDAY

KEBAB FRIDAY



OPTION 1

Chicken Kebab in a Warm Pitta — wholemeal pitta with crunchy salad, yoghurt dressing & potato wedges



OPTION 2

Baked Falafel Kebab in a Warm Pitta (Ve) — wholemeal pitta with crunchy salad, houmous & potato wedges



SALAD

Crunchy Pepper & Cucumber Salsa Salad (Ve)



PUDDING

Pear & Yoghurt Pot with Toasted Oats (V) or Plant-Based Version (Ve), or Fresh Cut Fruit (Ve)

(V) Vegetarian • (Ve) Vegan