Breakfast



Cornflakes, Rice Krispies, Shredded Wheat,

Weetabix.

Muesli/Granola,

Whole Fruit Basket

Fruit Juices, Water, Tea,

Caffee O Llas Chanalas

						FR	EEMEN'S SCHOOL
WEEK I 03/11/2025 24/11/2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Meal	Smoked Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Bacon or Sausage Breakfast Muffins Fried Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Sausage or Bacon Breakfast Burrito, Baked Vegetable Omelette, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Brunch Pancake, Smoky Bacon, Maple Poached Eggs, Tomato, Mushrooms, Potato Hash, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite
	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -

C	ere	ea

Cornflakes, Rice Krispies, Shredded Wheat, Weetabix. Muesli/Granola,

Coco Pops

Selection of

Whole Fruit Basket

Fruit Juices, Water, Tea,

Caffan O I Ian Chanala

Cornflakes, Rice Krispies, Shredded Wheat,

Coco Pops

Selection of

Whole Fruit Basket

Fruit Juices, Water, Tea,

C-4-- 0 11-4 Ch----

Weetabix. Weetabix, Muesli/Granola,

Cornflakes, Rice Krispies, Shredded Wheat, Muesli/Granola, Coco Pops Selection of Greek Yoghurt,

Greek Yoghurt,

Cornflakes, Rice Krispies,

Whole Fruit Basket

Fruit luices, Water, Tea,

C-4-- 0 11-4 Ch --- 1-4

Weetabix. Muesli/Granola, Coco Pops

Selection of Greek Yoghurt, Dried Banana.

Whole Fruit Basket

Freshly Blended Smoothie, Freshly Blended Sm

Fruit Juices, Water, Tea,

C-4-- 0 11-4 Ch --- 1-4

Shredded Wheat,

Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana.

Cornflakes, Rice Krispies,

Shredded Wheat,

Weetabix.

Muesli/Granola,

Coco Pops

Whole Fruit Basket

Fruit Juices, Water, Tea,

Caffee O Llas Chanalass

Weetabix. Muesli/Granola, Coco Pops Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote,

Whole Fruit Basket

Fruit luices, Water, Tea,

Caffaa O I las Chaaala

Cornflakes, Rice Krispies,

Shredded Wheat,

Coco Pops Selection of Greek Yoghurt, Dried Banana.

Greek Yoghurt, Berry Yoghurt, Berry Yoghurt, Berry Yoghurt, Berry Yoghurt, Berry Yoghurt, Fruit Compote, Fruit Compote, Fruit Compote, Fruit Compote, Fruit Compote, Yoghurt Dried Banana. Dried Banana. Dried Banana. Dried Banana. Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats Fresh Fruit Platter, Fresh Fruit Platter,

Fruit

Drink

Bre	eakfas	3
WEEK 2 10/11/25 01/12/25	MONDAY	
Main Meal	Smoked Back Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options	Sr Sau T Has
	Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	F:

TUESDAY moked Back Bacon or

WEDNESDAY Smoked Back Bacon. Local Butcher's

THURSDAY Sausage or Bacon Breakfast

FRIDAY Smoked Back Bacon.

Local Butcher's

Pork Sausage,

Scrambled Eggs,

SATURDAY

Smoked Back Bacon.

Local Butcher's

Pork Sausage,

Scrambled Eggs,

SUNDAY

Brunch Pancake.

Smoky Bacon,

Maple Poached Eggs,

Tomato, Mushrooms,

Potato Hash.

Baked Beans.

Plant Based Options

Wholemeal Bread.

White Bread.

usage Breakfast Muffins Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options

Burrito Baked Vegetable Omelette, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options

Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options

Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread. White Bread.

Wholemeal Bread. Wholemeal Bread. Wholemeal Bread. Wholemeal Bread. White Bread, White Bread, White Bread. White Bread. resh Pastry Selection, Fresh Pastry Selection, Fresh Pastry Selection, Fresh Pastry Selection, Fresh Pastry Selection, Crusty Rolls, Crusty Rolls, Crusty Rolls, Crusty Rolls, Crusty Rolls, ams, Butter, Spreads, Jams, Butter, Spreads, Jams, Butter, Spreads, Jams, Butter, Spreads, Jams, Butter, Spreads, Marmite Marmite Marmite Marmite Choice of Cereals Served with Fresh Skimmed Milk or or Plant Based Milk or Plant Based Milk or Plant Based Milk or Plant Based Milk -Plant Based Milk -

Cereal

Fruit

Drink



Cornflakes, Rice Krispies, Shredded Wheat,

Cornflakes, Rice Krispies, Shredded Wheat, Weetabix. Muesli/Granola.

Marmite Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -Cornflakes, Rice Krispies, Shredded Wheat,

Marmite Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk -Cornflakes, Rice Krispies, Shredded Wheat, Weetabix.

Coco Pops **Yoghurt**



Weetabix. Muesli/Granola. Coco Pops Selection of

Coco Pops Selection of

Weetabix. Muesli/Granola. Coco Pops

Coco Pops

Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana,

Gluten Free Oats

Fresh Fruit Platter,

Whole Fruit Basket

Fruit Juices, Water, Tea,

Coffee & Hot Chocolate

Weetabix. Muesli/Granola. Coco Pops Selection of

Fresh Fruit Platter,

Whole Fruit Basket

Freshly Blended Smoothie,

Fruit Juices, Water, Tea,

Coffee & Hot Chocolate

Greek Yoghurt, Greek Yoghurt, Berry Yoghurt,

Greek Yoghurt, Berry Yoghurt,

Selection of

Muesli/Granola. Selection of Greek Yoghurt, Berry Yoghurt,

Gluten Free Oats

Fresh Fruit Platter,

Whole Fruit Basket

Fruit Juices, Water, Tea,

Coffee & Hot Chocolate

Dried Chopped Dates, Sultanas, Honey,

Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Fruit Compote, Dried Banana, Dried Banana, Dried Chopped Dates, Dried Chopped Dates,

Berry Yoghurt, Fruit Compote, Dried Banana,

Fruit Compote, Dried Banana,

Greek Yoghurt, Berry Yoghurt, Fruit Compote, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads,

Fried Eggs, Tomato, Mushrooms, shbrown, Baked Beans, Plant Based Options

Weetabix.

Muesli/Granola.

Coco Pops

Sultanas, Honey,

Gluten Free Oats

Fresh Fruit Platter,

Whole Fruit Basket

Fruit luices, Water, Tea,

Coffee & Hot Chocolate

Freshly Blended Smoothie, Freshly Blended Smoothie,

Cornflakes, Rice Krispies, Shredded Wheat,

Cornflakes, Rice Krispies, Muesli/Granola.

> Sultanas, Honey, Gluten Free Oats

Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats

Freshly Blended Smoothie,

Fruit Juices, Water, Tea,

Coffee & Hot Chocolate

Fresh Fruit Platter, Whole Fruit Basket

Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats

Fresh Fruit Platter,

Whole Fruit Basket

Freshly Blended Smoothie,

Fruit luices, Water, Tea,

Coffee & Hot Chocolate

Dried Banana, Dried Chopped Dates, Sultanas, Honey,

Gluten Free Oats

Fresh Fruit Platter,

Whole Fruit Basket

Fruit Juices, Water, Tea,

Coffee & Hot Chocolate

Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey,

Freshly Blended Smoothie, Freshly Blended Smoothie,

Proolefoot



Breaklast						CITY OF LONDON FREEMEN'S SCHOOL	
WEEK 3 17/11/2025 08/12/2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main Meal	Smoked Back Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon or Sausage Breakfast Muffin, Fried Egg, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Sausage or Bacon Breakfast Burrito Baked Vegetable Omelette, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Smoked Back Bacon, Local Butcher's Pork Sausage, Scrambled Eggs, Tomato, Mushrooms, Hashbrown, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite	Brunch Pancake, Smoky Bacon, Maple Poached Eggs, Tomato, Mushrooms, Potato Hash, Baked Beans, Plant Based Options Wholemeal Bread, White Bread, Fresh Pastry Selection, Crusty Rolls, Jams, Butter, Spreads, Marmite
Cereal	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	with Fresh Skimmed Milk or Plant Based Milk -	with Fresh Skimmed Milk or Plant Based Milk -	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	with Fresh Skimmed Milk or Plant Based Milk -	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops	Choice of Cereals Served with Fresh Skimmed Milk or Plant Based Milk - Cornflakes, Rice Krispies, Shredded Wheat, Weetabix, Muesli/Granola, Coco Pops
Yoghurt	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats	Selection of Greek Yoghurt, Berry Yoghurt, Fruit Compote, Dried Banana, Dried Chopped Dates, Sultanas, Honey, Gluten Free Oats

Fruit

Drink

Gluten Free Oats Gluten Free Oats Fresh Fruit Platter, Fresh Fruit Platter, Whole Fruit Basket Whole Fruit Basket

Coffee & Hot Chocolate | Coffee & Hot Chocolate

Freshly Blended Smoothie,

Fruit Juices, Water, Tea,

Freshly Blended

Smoothie,

Fruit Juices, Water, Tea,

- Gluten Free Oats Fresh Fruit Platter,

Freshly Blended Smoothie, Freshly Blended Smoothie,

Whole Fruit Basket

Fruit Juices, Water, Tea,

Gluten Free Oats

Fruit Juices, Water, Tea,

Coffee & Hot Chocolate | Coffee & Hot Chocolate | Coffee & Hot Chocolate

- Fresh Fruit Platter, Whole Fruit Basket
- Gluten Free Oats Fresh Fruit Platter,

Whole Fruit Basket

Freshly Blended

Smoothie,

Fruit Juices, Water, Tea,

Smoothie,

Fruit Juices, Water, Tea,

Gluten Free Oats

Fruit Juices, Water, Tea,

Coffee & Hot Chocolate

- Gluten Free Oats
 - Fresh Fruit Platter,
- Fresh Fruit Platter, Whole Fruit Basket Whole Fruit Basket
- Freshly Blended Freshly Blended Smoothie,



WEEK I 03/11/2025 24/11/2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station	Indian Red Lentil Soup	Tomato and Pepper Soup	Asian Vegetable & Rice Noodle Soup	Carrot and Coriander	Creamy Broccoli
	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread
	Seeds and Croutons	Seeds and Croutons	Seeds and Croutons	Seeds and Croutons	Seeds and Croutons
Main	Tandoori Spiced Chicken Curried Peppers, Coriander and Lemon Tandoori Sauce	Tex Mex Ranch Style Beef Chilli, Peppers and Kidney Beans Chive and Onion Sour Cream	Fried Korean Spiced Chicken Chilli and honey BBQ Sauce Green Onions	Pulled Pork Cajun Dressing Flat Breads	Jumbo Fish Fingers, Tartare Sauce, Lemon
Plant Based Vegetarian	Giant Onion, Sweet Potato and Coriander Bhaji Mango, Spinach and Onion Salad Flatbread, Raita	Vegetarian Enchilada Bake Eat Curious, Squash and Kidney beans	Cauliflower Popcorn Pots Sweet and Sticky Gochujang Sauce Green onions	BBQ Flavored Pulled Jack Fruit and peppers	Mushroom and Halloumi Burger Tomato Mayo, Pickles Brioche Bun
Lighter Bites	Pasta	Baked Potato Selection	Pasta	Pasta	Baked Potato Selection
	Tomato Sauce	Baked Beans	Tomato Sauce	Tomato Sauce	Baked Beans
	Cheddar Cheese	Cheddar Cheese	Cheddar Cheese	Cheddar Cheese	Cheddar Cheese
	Herby Croutons	Herby Croutons	Herby Croutons	Herby Croutons	Herby Croutons
	Toasted Seeds	Toasted Seeds	Toasted Seeds	Toasted Seeds	Toasted Seeds
Sides	Bombay Style Roasted Potatoes Steamed Cauliflower, Turmeric Glaze Spiced Corn Wedges	Arroz Rojo (Mexican Rice) Seasoned Carrots and Peas Tortilla Chips	Noodles 5 Spiced Broccoli Asian Vegetables	Mojo Potatoes Green Beans Courgettes	Baked Seasoned Wedges Mushy Peas Garden Peas Curry Sauce
Desserts	Chocolate Cake	Carrot Cake	Lemon and Raspberry Pie	Sticky Orange Cake	Ice Cream Pot
Dessei ts	Freshly Cut Fruits,	Freshly Cut Fruits,	Freshly Cut Fruits,	Freshly Cut Fruits,	Freshly Cut Fruits,
	Whole Fruits	Whole Fruits	Whole Fruits	Whole Fruits	Whole Fruits
Grab n Go	Fruit Selection, Yogurts	Fruit Selection, Yogurts	Fruit Selection, Yogurts	Fruit selection, Yogurts	Fruit selection, Yogurts
Dessert Pots	and Sweet Treats	and Sweet Treats	and Sweet Treats	and Sweet Treats	and Sweet Treats
Salad Station	A Selection of Composite Salads	A Selection of Composite Salads	A Selection of Composite Salads	A Selection of Composite Salads	A Selection of Composite Salads
	Protein and Cheese,	Protein and Cheese,	Protein and Cheese,	Protein and Cheese,	Protein and Cheese,
	Tomatoes, Cucumbers, Sweetcorn,	Tomatoes, Cucumbers, Sweetcorn,	Tomatoes, Cucumbers, Sweetcorn,	Tomatoes, Cucumbers, Sweetcorn,	Tomatoes, Cucumbers, Sweetcorn,
	Grated Carrot and Sliced Peppers	Grated Carrot and Sliced Peppers	Grated Carrot and Sliced Peppers	Grated Carrot and Sliced Peppers	Grated Carrot and Sliced Peppers
	Selection of Flavored Oils,	Selection of Flavored Oils,	Selection of Flavored Oils,	Selection of Flavored Oils,	Selection of Flavored Oils,
	Pickles, Dressings	Pickles, Dressings	Pickles, Dressings	Pickles, Dressings	Pickles, Dressings
	Herby Croutons,	Herby Croutons,	Herby Croutons,	Herby Croutons,	Herby Croutons,
	Toasted Seeds, Chilli Flakes	Toasted Seeds, Chilli Flakes	Toasted Seeds, Chilli Flakes	Toasted Seeds, Chilli Flakes	Toasted Seeds, Chilli Flakes



WEEK 2 10/11/2025 01/12/2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station	Pea and Mint Soup Homemade Bread Seeds and Croutons	Potato and Onion Soup Homemade Bread Seeds and Croutons	Chunky Vegetable Soup Homemade Bread Seeds and Croutons	Sweet Potato and Spinach Soup Homemade Bread Seeds and Croutons	Mushroom Soup Homemade Bread Seeds and Croutons
Main	BBQ Glazed Chicken BBQ Sauce and Melted Cheese	Slow Cooked Pork Loin Sweet and Sour Sauce Peppers and Pineapple	Pasta Bar with Toppers Classic Bolognaise Chicken and Herb Sauce	Local Butcher's Sausages Pork and Herb Chicken	6oz Beef Patty Brioche Bun Salad Cheese
Plant Based Vegetarian	Filled and Rolled Fresh Tomato and Basil Ant Based Yorkshire Pudding Wrap with Sweet and Sour Crispy Tofu Roasted Vegetables		Fresh Tomato and Basil Roasted Vegetables Cheddar Cheese	Vegetarian Vegan	Lightly Spiced Bean Burger Brioche Bun Salad Cheese
Lighter Bites	Pasta Tomato Sauce Cheddar Cheese Herby Croutons Toasted Seeds	Baked Potato Selection Baked Beans Cheddar Cheese Herby Croutons Toasted Seeds	Toasted Seeds Crusty Garlic Bread Slice Charred Corn	Baked Potato Selection Baked Beans Cheddar Cheese Herby Croutons Toasted Seeds	Pasta Tomato Sauce Cheddar Cheese Herby Croutons Toasted Seeds
Sides	New Potatoes Sauteed Greens Sweetcorn with Chives	Special Fried Rice Soy Roasted Broccoli and Courgettes Prawn Crackers Sweet Chilli Sauce	Minted Peas Roasted Vegetables	Mashed Potatoes Cauliflower Green Beans	Baked Seasoned Wedges Mushy Peas Garden Peas and Sweetcorn Baked beans
Desserts	Jamaican Ginger Sponge and Orange Syrup	Berry Sponge	Chocolate and Beetroot Brownie	Upside Down Caramelised Apple Slice	Ice Cream Pots
	Freshly Cut Fruits Whole Fruits				
Grab n Go Dessert Pots	Fruit selection, Yogurts and Sweet treats				
Salad Station	A Selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A Selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A Selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes



17/11/2025 08/12/2025

WEEK 3

Plant based

Vegetarian

MONDAY

Vegetable Soup

Indian Spiced Flatbreads

Mushroom Pakoras, Crisp Cabbage

Minted Yoghurt

Pasta

Tomato Sauce

Grated Cheddar Cheese

Herby Croutons

Toasted Seeds

Baked Pilaf Rice

Cumin Roasted Broccoli and Courgettes

Pabbadum and Onion Salad

Strawberry Jam and Coconut Cake

Toasted Seeds, Chilli Flakes

TUESDAY

Carrot and Coriander Soup

Homemade Bread

Courgette, Tomato and Lentil Lasagna

Baked Potato Selection

Baked Beans

Cheddar Cheese

Herby Croutons

Toasted Seeds

Steamed New Potatoes

Green Beans

Roasted Carrots with Rosemary

Crusty Garlic Bread

Cookie Bar

Freshly Cut Fruits

Whole Fruits

WEDNESDAY

THURSDAY

Tomato and Basil Soup

Homemade Bread

Seeds and Croutons

FRIDAY

Chunky Winter Vegetable & Rice Soil

Homemade Bread

Seeds and Croutons

Battered Fish

Tartare Sauce

Fresh Lemon

Pasta

Tomato sauce

Grated Cheddar Cheese

Herby Croutons

Toasted Seeds

Baked Seasoned Wedges

Mushy Peas

Garden Peas

Curry Sauce

Pickles

Ice Cream Pots

Freshly Cut Fruits

Whole Fruits

Soup Station Homemade Bread Seeds and Croutons Main

Chicken & Spinach Balti Style Curry

Seeds and Croutons Classic Beef Lasagna with a Cheese, Tomato and Herb Crust

Shawarma chicken Flathread Lemon Mayo

Sweetcorn and Butter Bean Fritter

Coriander and Lemon Dressing

Pasta

Tomato Sauce

Grated Cheddar Cheese

Herby Croutons

Toasted Seeds

Fruit Selection, Yogurts

and Sweet Treats

A selection of Composite Salads

Protein and Cheese.

Tomatoes, Cucumbers, Sweetcorn,

Grated Carrot and Sliced Peppers

Selection of Flavored Oils,

Pickles, Dressings

Herby Croutons,

Toasted Seeds, Chilli Flakes

Cauliflower Soup

Homemade Bread

Seeds and Croutons

Mac n Cheese Bar Smokey Pulled Pork Shoulder Crispy Kale

Falafels Crisby Onions BBQ Sauce

Baked Potato Selection

Baked Beans

Cheddar Cheese

Herby Croutons

Toasted Seeds

Glazed Root Vegetables

Blackened Cajun Corn

Chocolate and Vanilla Marble Cake

Charred Halloumi Burrito. Mexican Tomato Salsa

Lighter Bites Sides

Desserts Freshly Cut Fruits Whole Fruits Grab n Go Fruit Selection, Yogurts and Sweet Treats **Dessert Pots**

A selection of Composite Salads Protein and Cheese. Tomatoes, Cucumbers, Sweetcorn, Grated Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers **Salad Station** Selection of Flavored Oils, Pickles, Dressings Herby Croutons,

Fruit Selection, Yogurts and Sweet Treats A selection of Composite Salads Protein and Cheese. Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons,

Toasted Seeds, Chilli Flakes

Oven Baked Potatoes Smokey Cheesy Crust Lemon Greens. Roasted Onion and Peas Freemen's Mess Fresh Cream, Winter Berries and Meringue

Freshly Cut Fruits Whole Fruits

Freshly Cut Fruits Whole Fruits and Sweet Treats

Fruit Selection, Yogurts A selection of Composite Salads Protein and Cheese. Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers

Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Fruit Selection, Yogurts and Sweet Treats A selection of Composite Salads Protein and Cheese. Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Supper



\\/EE\/							CITY OF LONDON FREEMEN'S SCHOOL
WEEK I 03/11/2025 24/11/2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Street Food Main		Baked Meatball Sub with a Selection of Toppings Chillies, Cheese and Sauce	Crispy Chilli Beef, Green Chilli, Pak Choi Pots Rice Noodles, Tea Eggs Sweet and Sour Cauliflower Mixed Vegetable board	Build a Biryani Tandoori Spiced Chicken Pieces Coriander and lemon	Crispy Sweet and Sour Pork Balls	Handmade Calzone Pizza, Meat and Vegetarian Options, with Rich Italian Tomato Sauce and Parmesan	Baked Beef Enchiladas Tortilla Chips Guacamole Sour Cream
The Extra's	Loaded Nachos Lemon Corn Seasoned Spiced Fries	Baked Potato Wedges Curried Beans Hickory Smoked Slaw	Spring Rolls Prawn Crackers	Crispy Chickpeas Samosa Mango Chutney	Special Fried Rice Asian Vegetable Stir Fry	Seasoned Fries Corn on the Cob Mediterranean Veg	Baked Rice
Dessert Station	Chocolate Sundae Pot	Fresh Fruit Salad	Apple and Berry Pie with Ice Cream	Toffee Caramel Sponge, Sundae Pots	Chocolate Belgian Waffles	Pick n Mix Chef's Selection	Pick n Mix Chef's Selection
	Fruit Selection, Yogurts and Sweet Treats						
Salad Bar	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Supper

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CITY of LONDON

							CITY of LONDON FREEMEN'S SCHOOL
WEEK 2 10/11/2025 01/12/2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Street Food Main	Pork Schnitzel Burger Stack Soft Brioche Bun Cheese	Giant Paella served with Marinated Chicken Thigh, Roasted Veggies and Halloumi Bites	Grilled Turkey Steak Mushroom and Pepper sauce	Slow Cooked Ribs n Wings Garlic Dressing, Green Onions	Thai Red Prok Curry	Build a Burger Beef Burger or Vegetarian Soft Brioche Roll Cheese, Bacon	Finger Licking Chicken Marinated Griddled Chicken Sauces and Toppings
The Extra's	Oven Baked Wedges Corn and Roasted Peppers	Lemon Broccoli and Peas Garlic Bread	Baked Sweet Potatoes Green Beans	Loaded Fries BBQ Beans Fried Corn, BBQ Seasoning	Selection of Vegetables Noodles and Rice	Seasoned Fries Corn on the Cob, House Maple Slaw	Oven Baked Wedges Carrots and Broccoli
Dessert Station	Banana Banoffee Pots	Lemon Meringue	Chocolate Ice Cream and Warm Chocolate Sauce	Homemade Cookies	Fresh Fruit Salad	Pick n Mix Chef's Selection	Pick n Mix Chef's Selection
	Fruit Selection, Yogurts and Sweet Treats						
Salad Bar	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Supper

Bupper							CITY OF LONDON —
WEEK 3 17/11/2025 08/12/2025	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Street Food Main	Singapore Style Chicken, Sweet and Sour Glazed	Jamaican Jerk Chicken Bowl or Jamaican Baked Aubergine Fresh Chilli Salsa Gravy	Chicken Milanese Wrap Tomato Mayo, Cucumber and Mozzarella	Slow Cooked Beef and Vegetable Chilli	Chicken Gyros Tzatziki Salad Garlic Mayo Greek Pressed Flatbread	Hand Stretched Pizza Selection of Meat and Vegetarian Toppings	Chicken Burritos Filled with Seasoned Rice, Cheese and Salsa
The Extra's	Oven Baked Wedges Corn and Roasted Peppers	Baked Rice n Peas Courgette and Peppers Piri Piri Seasoning	Pizza Garlic Bread Fingers Loaded Wedges Corn	Rice Mixed vegetables	Oregano Baked Potatoes Greek Salad Garlic Mayonnaise	Seasoned Fries Corn on the Cob House Rocket Slaw	Oven Baked Wedges Carrots and Broccoli
Dessert station	Eton Mess, White Chocolate Cream	Strawberry Mousse	Lemon Drizzle	Giant cookies	Fruity Surprise Pots	Pick n Mix Chef's Selection	Pick n Mix Chef's Selection
	Fruit Selection, Yogurts and Sweet Treats	Fruit Selection, Yogurts and Sweet Treats	Fruit Selection, Yogurts and Sweet Treats				
Salad Bar	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes