Harlow Fields & College Menu Autumn/Winter 2026/27

(Ve) - Vegan (V) - Vegetarian
(PB) - Plant Based
(HP) High Protein

WEEK 1 - 1/11 -23/11 - 14/12 18/01 - 8/02 - 8/03	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
	Margarita Pizza with Carrot & Cucumber Sticks (V)	Harvest Chicken Sausage Casserole with Brown Rice & Green Beans	Pork Sausage in a Yorkshire Pudding with Roast Potatoes, Seasonal Vegetables & Gravy	Beef Bolognese with Pasta, Garlic Bread & Sweetcorn	MSC Fish Fingers with Chips & Peas
	Ultimate Veggie Pizza with Carrot & Cucumber Sticks (V)	Harvest Vegetable & Butter Bean Casserole with Brown Rice & Green Beans (PB)	Plant Based Sausage in a Yorkshire Pudding with Roast Potatoes, Seasonal Vegetables & Gravy (HP)	Roast Vegetable & Lentil Bolognese with Pasta, Garlic Bread & Sweetcorn (PB)	Jacket Potato with Various Fillings
	Freshly Cut Fruit (Ve) or Oat & Raisin Cookie (PB)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Apple Crumble & Custard	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Frozen Yoghurt (V)

WEEK 2 - 9/11 - 30/11 - 4/01 25/01 - 22/02 - 15/03	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
	Macaroni 'n' Cheese with Homemade Garlic Bread & Mixed Salad (V)	Chicken Korma Curry with Wholemeal Rice & Green Beans	Roast Chicken Thigh with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy	Ashlyns Beef Burger with Crushed New Potatoes & Baked Beans	MSC Battered Fish Fillet with Chips & Peas
	Lentil & Tomato Pasta Bake with Homemade Garlic Bread & Mixed Salad (PB) & (HP)	Vegetable Biryani & Green Beans (PB)	Autumn Squash & Butter Bean Stew with Mash Potato (PB) & (HP)	Plant Based Burger with Crushed New Potatoes & Baked Beans (PB)	Jacket Potato with Choice of Fillings
	Freshly Cut Fruit (Ve) or Shortbread Biscuit (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Chocolate Sponge Cake & Custard	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Frozen Yoghurt (V)

WEEK 3 - 16/11 - 7/12 - 11/01 1/02 - 1/03 - 22/03	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
	Tomato & Mozzarella Pasta Bake with Honey Roasted Carrots (V)	Sticky Chicken Thighs with Wholemeal Rice & Broccoli	Savoury Mince Beef with Yorkshire Pudding, Mashed Potato, Carrots & Peas	Pork Sausage in a Roll with Seasoned Potato Wedges & Buttery Sweetcorn	MSC Fish Fingers with Chips & Peas
	Sweet Potato & Vegetable Frittata with Honey Roasted Carrots (V)	Vegetable Samosas with Wholemeal Rice & Broccoli (PB)	Plant Based Savoury Mince with Yorkshire Pudding, Mashed Potato, Carrots & Peas (PB) & (HP)	Plant Based Sausage in a Roll with Seasoned Wedges & Buttery Sweetcorn (PB)	Jacket Potato with Various Fillings
	Freshly Cut Fruit (Ve) or Cinnamon Cookie (V)	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Banana Bread	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Frozen Yoghurt (V)

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Available Daily …Wholemeal Bread - Choice of Salads - Water
Jacket Potato Fillings: Cheese, Baked Beans or Tuna Mayo