



Lift East
Wichel

The Munch Box

Term 1 Menu 2026

Week 1
31.08.2026



Autumn

Monday

Tuesday

Wednesday

Thursday

Friday

Red
Option

Green
Option

SCHOOL CLOSED
Summer Holidays

SCHOOL CLOSED
Teacher Training Day

Cheeky Tomato Twists
in tomato sauce (gluten)
served with garlic bread
(gluten, may contain milk
and soya)

BBQ chicken served with
baked potato wedges and
veggie sticks

Funky fish fillet MSC (gluten
and fish) served with diced
potatoes, baked beans or
vegetables

Twirly Cheddar Delight
cheesy pasta (gluten,
milk, may contain soya)
served with garlic bread
(gluten, may contain milk
and soya)

Red onion quiche (gluten,
eggs, milk, may contain
soya) served with baked
potato wedges and
veggie sticks

Haloumi bites (gluten, and
milk, may contain soya and
eggs) served with sweet
chilli dip and diced potatoes

Baked for Perfection
Tatties (jacket potato)
with cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato)
with cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

*not
today!*

Cheese Wrap Delight
(gluten and milk)

The Ham Slam (pork)
ham sandwich (gluten
and soya)

Charming cheese toasty
served with rainbow salad
(gluten, milk and soya)

Gingerbread man
(gluten, may contain milk
and soya)

Fresh fruit selection

Crunchy cookie (gluten, may
contain soya)

GRAB
& GO!

Dessert





Lift East
Wichel

The Munch Box

Term 1 Menu 2026

Week 2
07.09.2026



Autumn

Monday

Tuesday

Wednesday

Thursday

Friday

Red
Option

*not
today*

Pork meatballs (gluten and milk) served with tomato sauce, spaghetti (gluten) and sliced baguette (gluten, may contain eggs and sesame)

Roast turkey and stuffing (gluten) served with roast potatoes and gravy

Chicken korma (milk) served with rice and naan bread (gluten)

Funky fish fillet MSC (gluten and fish) served with diced potatoes, baked beans or vegetables

Green
Option

Baguette cheese and tomato pizza (gluten, cheese, may contain eggs and sesame) served with diced potatoes and veggie sticks

Green lentil and vegetable bolognese served with spaghetti (gluten) with sliced baguette (gluten, may contain eggs and sesame)

Aubergine parmigiana (milk) served with roast potatoes

Vegetable chow mein (eggs and soya)

Cheese omelette (milk and eggs) served with diced potatoes, vegetables or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

*not
today*

Cheese Wrap Delight (gluten and milk)

Turkey tumble (turkey roll) (gluten, may contain sesame)

Tuna roll (gluten, eggs, may contain sesame)

The Ham Slam (pork) ham sandwich (gluten and soya)

Charming cheese toasty served with a rainbow salad (gluten, milk and soya)

Cocoa cookie (gluten, may contain soya)

Raspberry honey flapjack (gluten)

shortbread (gluten may contain soya)

Fresh fruit salad

Assorted puddings

GRAB
& GO!

Dessert





Lift East
Wichel

The Munch Box

Term 1 Menu 2026

Week 3
14.09.2026



Autumn

Monday

Tuesday

Wednesday

Thursday

Friday

Red
Option

not today!

Chicken fajitas taco
(mustard) served with rice
and grated cheese (milk)

Roast gammon served
with Yorkshire pudding
(gluten, eggs, milk, may
contain sesame) roast
potatoes and gravy

Beef bolognese pasta
(gluten) with garlic bread
(gluten, may contain milk
and soya)

Funky fish fillet MSC
(gluten and fish) served
with diced potatoes,
baked beans or
vegetables

Green
Option

Cheese wheel (gluten,
milk, may contain soya)
served with diced
potatoes

Vegetable fajitas taco
(mustard) served with rice
and grated cheese (milk)

Vegetable crumble
(gluten, milk, may
contain soya) topped
with cheese and served
with roast potatoes

Cheeky tomato twists
(gluten) with garlic bread
(gluten, may contain milk
and soya)

Vegetable pancake roll
(gluten, soya) served with
diced potatoes,
vegetables or baked
beans

Baked for Perfection
Tatties (jacket potato)
with cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato) with
cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato)
with cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato) with
cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

not today!

Cheese Wrap Delight
(gluten and milk)

Tuna and sweetcorn roll
(eggs, gluten, fish, may
contain sesame)

Turkey Wrap
(gluten)

Cheese and ham bagel
(pork) (gluten, milk, may
contain sesame)

Beans on toast (gluten
and soya)

Pancake (gluten, eggs
and milk)

Fruity jelly (no allergens)

cocoa brownie (gluten,
eggs, may contain soya)

Fresh fruit selection

Assorted puddings

GRAB
& GO!

Dessert





Lift East
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The Munch Box

Term 1 Menu 2026

Week 4
21.09.2026



Autumn

Monday

Tuesday

Wednesday

Thursday

Friday

Red
Option

Cheeky Tomato Twists in tomato sauce (gluten) served with garlic bread (gluten, may contain milk and soya)

BBQ chicken served with baked potato wedges and veggie sticks

Butchers pork sausage (gluten and sulphites) served with yorkshire pudding (gluten, eggs, milk, may contain soya), roast potatoes and gravy

Beef lasagne (gluten, milk, may contain eggs, mustard & soya) served with sliced baguette (gluten, may contain eggs and sesame)

Funky fish fillet MSC (gluten and fish) served with diced potatoes, baked beans or vegetables

Green
Option

Twirly Cheddar Delight cheesy pasta (gluten, milk, may contain soya) served with garlic bread (gluten, may contain milk and soya)

Red onion quiche (gluten, eggs, milk, may contain soya) served with baked potato wedges and veggie sticks

Tuscan bean stew (celery) served with Yorkshire pudding (gluten, eggs, milk, may contain soya)

Veggie meatballs (soya) with pasta (gluten) and sliced baguette (gluten, may contain eggs and sesame)

Haloumi bites (gluten, and milk, may contain soya and eggs) served with sweet chilli dip and diced potatoes

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

not today!

GRAB & GO!

Cheese Wrap Delight (gluten and milk)

Tuna roll (gluten, eggs, may contain sesame)

Turkey tumble roll (gluten and sesame)

The Ham Slam (pork) ham sandwich (gluten and soya)

Charming cheese toasty served with a rainbow salad (gluten, milk and soya)

Dessert

Gingerbread man (gluten, may contain milk and soya)

Fruit jelly

Lemon cake (gluten, may contain soya)

Fresh fruit

Crunchy cookie (gluten, may contain soya)



Lift East
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The Munch Box

Term 1 Menu 2026

Week 5
28.09.2026



Autumn

Monday

Tuesday

Wednesday

Thursday

Friday

Pork meatballs (gluten and milk) served with tomato sauce, spaghetti (gluten) and sliced baguette (gluten, may contain eggs and sesame)

Roast turkey and stuffing (gluten) served with roast potatoes and gravy

Chicken korma (milk) served with rice and naan bread (gluten)

Funky fish fillet MSC (gluten and fish) served with diced potatoes, baked beans or vegetables

Baguette cheese and tomato pizza (gluten, cheese, may contain eggs and sesame) served with diced potatoes and veggie sticks

Green lentil and vegetable bolognese served with spaghetti (gluten) with sliced baguette (gluten, may contain eggs and sesame)

Aubergine parmigiana (milk) served with roast potatoes

Vegetable chow mein (eggs and soya)

Cheese omelette (milk and eggs) served with diced potatoes, vegetables or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs and fish) or baked beans

not today

Cheese Wrap Delight (gluten and milk)

Turkey tumble roll (gluten and sesame)

Tuna roll (gluten, may contain sesame)

The Ham Slam (pork) ham sandwich (gluten and soya)

Charming cheese toasty served with a rainbow salad (gluten, milk and soya)

Cocoa cookie (gluten, may contain soya)

Raspberry honey flapjack (gluten)

shortbread (gluten, may contain soya)

Fresh fruit salad

Assorted puddings

Red
Option

Green
Option

GRAB
& GO!

Dessert





Lift East
Wichel

The Munch Box

Term 1 Menu 2026



Week 6
05.10.2026

Autumn

Monday

Tuesday

Wednesday

Thursday

Friday

Red
Option

not today

Chicken fajitas taco
(mustard) served with rice
and grated cheese (milk)

Roast gammon served
with Yorkshire pudding
(gluten, eggs, milk, may
contain sesame) roast
potatoes and gravy

Beef bolognese pasta
(gluten) with garlic bread
(gluten, may contain milk
and soya)

Funky fish fillet MSC
(gluten and fish) served
with diced potatoes,
baked beans or
vegetables

Green
Option

Cheese wheel (gluten,
milk, may contain soya)
served with diced
potatoes

Vegetable fajitas taco
(mustard) served with rice
and grated cheese (milk)

Vegetable crumble
(gluten, milk, may
contain soya) topped
with cheese and served
with roast potatoes

Cheeky tomato twists
(gluten) with garlic bread
(gluten, may contain milk
and soya)

Vegetable pancake roll
(gluten, soya) served with
diced potatoes,
vegetables or baked
beans

Baked for Perfection
Tatties (jacket potato)
with cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato) with
cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato)
with cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato) with
cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

not today

GRAB
& GO!

Cheese Wrap Delight
(gluten and milk)

Tuna and sweetcorn roll
(eggs, gluten, fish, may
contain sesame)

Turkey wrap (gluten)

Cheese and ham bagel
(pork) (gluten, milk, may
contain sesame)

Beans on toast (gluten
and soya)

Dessert

Pancake (gluten, eggs
and milk)

Fruit jelly (no allergens)

cocoa brownie (gluten,
eggs, may contain soya)

Fresh fruit selection

Assorted puddings



Lift East
Wichel

The Munch Box

Term 1 Menu 2026

Week 7
12.10.2026



Autumn

Monday

Tuesday

Wednesday

Thursday

Friday

Red
Option

Cheeky Tomato Twists
in tomato sauce
(gluten) served with
garlic bread (gluten,
may contain milk and
soya)

BBQ chicken served with
baked potato wedges and
veggie sticks

Butchers pork sausage
(gluten and sulphites)
served with yorkshire
pudding (gluten, eggs,
milk, may contain soya),
roast potatoes and gravy

Beef lasagne (gluten, milk,
may contain eggs, mustard
& soya) served with sliced
baguette (gluten, may
contain eggs and sesame)

Funky fish fillet MSC
(gluten and fish) served
with diced potatoes,
baked beans or
vegetables

Green
Option

Twirly Cheddar Delight
cheesy pasta (gluten,
milk, may contain soya)
served with garlic bread
(gluten, may contain milk
and soya)

Red onion quiche (gluten,
eggs, milk, may contain
soya) served with baked
potato wedges and veggie
sticks

Tuscan bean stew
(celery) served with
Yorkshire pudding
(gluten, eggs, milk, may
contain soya)

Veggie meatballs (soya)
with pasta (gluten) and
sliced baguette (gluten,
may contain eggs and
sesame)

Haloumi bites (gluten, and
milk, may contain soya
and eggs) served with
sweet chilli dip and diced
potatoes

Baked for Perfection
Tatties (jacket potato)
with cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato) with
cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato)
with cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

Baked for Perfection
Tatties (jacket potato) with
cheese (milk), tuna
mayonnaise (eggs and
fish) or baked beans

not
today!

Cheese Wrap Delight
(gluten and milk)

Tuna roll (gluten, eggs,
may contain sesame)

Turkey tumble roll
(gluten and sesame)

The Ham Slam (pork) ham
sandwich (gluten and
soya)

Charming cheese toasty
served with rainbow salad
(gluten, milk and soya)

Gingerbread man
(gluten, may contain milk
and soya)

Fruit jelly

Lemon cake (gluten,
may contain soya)

Fresh fruit selection

Crunchy cookie (gluten,
may contain soya)

GRAB
& GO!

Dessert

