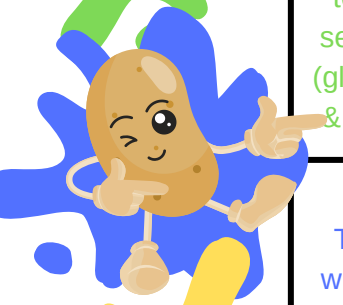
Lift East Wichel

The Munch Box

Term 2 Menu 2026

Week 1
02.11.2026

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Cheeky cheesy wholegrain pasta (gluten, milk, may contain soya) served with garlic bread (gluten, may contain milk & soya) and vegetables	Chicken fajitas (gluten, mustard) served with rice & veggie sticks	Roast loin of pork served with roast potatoes, stuffing (gluten), vegetables & gravy	BONFIRE BBQ pork sausage (gluten, sulphites) served with cheesy bonfire bread (gluten, milk, may contain soya) & vegetables	MSC Funky fish fillet (gluten, fish) served with diced potatoes & baked beans/vegetables
Green Option	Cheeky tomato & basil wholegrain pasta in tomato sauce (gluten) served with garlic bread (gluten, may contain milk & soya) and vegetables	Vegetable fajitas (gluten, mustard) served with rice & veggie sticks	Cauliflower, date and chickpea surprise served with roast potatoes & vegetables	BONFIRE beany BBQ stuffed baked potato served with vegetables	Vegetable pancake roll (gluten, soya) served with diced potatoes & vegetables/baked beans
	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	not today
Light Lunch	Cheese Wrap Delight (gluten, milk)	Ham bagel (gluten, may contain sesame)	Turkey wrap (gluten)	Tuna sandwich (gluten, eggs, fish, soya)	Charming cheese toasty served with a rainbow salad (gluten, milk, soya)
Dessert	Apricot cookie (Gluten, sulphites, may contain soya)	Raspberry flapjack (gluten)	Fruit jelly	Sparkly cupcakes (gluten, eggs, may contain soya)	Fruity Friday

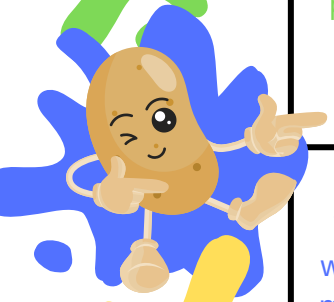
Lift East Wichel

The Munch Box

Term 2 Menu 2026

Week 2
09.11.2026

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Cheese wheel (gluten, milk, may contain soya) served with diced potatoes (gluten, may contain soya)	Pork meatballs (gluten, milk) served with tomato sauce, spaghetti (gluten), sliced baguette (gluten, may contain eggs & sesame) and vegetables	Chicken, vegetable, potato and bean stew served with homemade soda bread (gluten, milk, may contain soya) & vegetables	Creamy chicken korma (milk) served with rice & naan bread (gluten)	MSC Funky fish fillet (gluten, fish) served with diced potatoes & baked beans/vegetables
Green Option	Vegan cheese wheel served with diced potatoes & vegetables (gluten, may contain soya)	Green lentil and vegetable bolognese served with spaghetti (gluten), sliced baguette (gluten, may contain eggs & sesame) and vegetables	Tuscan bean stew served with bread (gluten) & vegetables	Sweet potato and spinach curry served with rice & naan bread (gluten)	Flat bread (gluten) with a lightly spiced potato & vegetable filling, served with diced potatoes, baked beans or vegetables
	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	not today
Light Lunch	Cheese Wrap Delight (gluten, milk)	Turkey tumble (turkey roll) (gluten, may contain sesame)	Tuna roll (gluten, eggs, fish, may contain sesame)	The Ham Slam (pork) ham sandwich (gluten, soya)	Cheese omelette (milk, eggs)
Dessert	Pancake (gluten, eggs, milk)	Apple cake (gluten, eggs, may contain soya)	Cocoa cookie (gluten, may contain soya)	Cherry shortbread (gluten, sulphites, may contain soya)	Fruity Friday

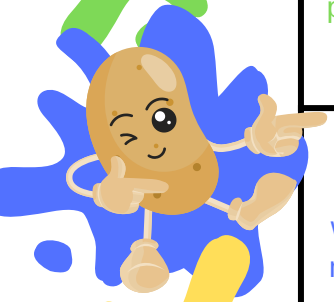
Lift East Wichel

The Munch Box

Term 2 Menu 2026

Week 3
16.11.2026

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Baguette cheese and tomato pizza (gluten, cheese, may contain eggs & sesame) served with diced potatoes & veggie sticks	BBQ chicken breast served with jacket potato & vegetables	Roast gammon served with yorkshire pudding (gluten, eggs, may contain soya), roast potatoes, farmhouse vegetables & gravy	Beef bolognese pasta served with sliced baguette (gluten, may contain eggs & sesame) & vegetables	Funky fish fillet MSC (gluten, fish) served with diced potatoes & baked beans/ vegetables
Green Option	Vegan pizza (gluten) served with diced potatoes & veggie sticks	BBQ vegetable and bean stew (celery) served with jacket potato & vegetables	Aubergine parmigiana (gluten)	Cheeky tomato twists (gluten) served with bread (gluten, may contain soya) & vegetables	Mild chilli bean burrito (gluten, celery) served with diced potatoes & baked beans/vegetables
	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	not today
Light Lunch	Cheese Wrap Delight (gluten, milk)	Ham sandwich (gluten, soya)	Turkey wrap (gluten)	Tuna & sweetcorn roll (eggs, gluten, fish, may contain sesame)	Cheese scone (gluten, milk, may contain soya)
Dessert	Angel Delight (milk)	Beetroot cocoa brownie (gluten, eggs, may contain soya)	Crunchy cookie (gluten, may contain soya)	Banana muffin (gluten, eggs, may contain soya)	Fruity Friday

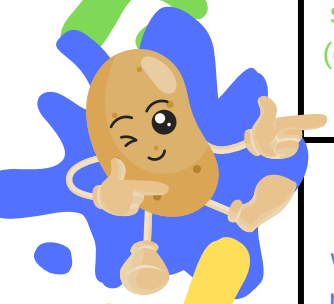
Lift East Wichel

The Munch Box

Term 2 Menu 2026

Week 4
23.11.2026

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Cheeky cheesy wholegrain pasta (gluten, milk, may contain soya) served with garlic bread (gluten, may contain milk & soya) & vegetables	Chicken fajitas (gluten, mustard) served with rice & veggie sticks	Roast loin of pork served with roast potatoes, stuffing (gluten), vegetables & gravy	Butchers pork sausage (gluten, sulphites) served with potato wedges & vegetables	Funky fish fillet MSC (gluten, fish) served with diced potatoes & baked beans/vegetables
Green Option	Cheeky tomato and basil wholegrain pasta in tomato sauce (gluten) served with garlic bread (gluten, may contain milk & soya) & vegetables	Vegetable fajitas (gluten, mustard) served with rice & veggie sticks	Cauliflower, date and chickpea surprise served with roast potatoes & vegetables	Beany BBQ stuffed baked potato served with vegetables	Vegetable pancake roll (gluten, soya) served with diced potatoes & vegetables/baked beans
	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	not today
Light Lunch	Cheese Wrap Delight (gluten, milk)	Ham bagel (gluten, may contain sesame)	Turkey wrap (gluten)	Tuna sandwich (gluten, eggs, fish, soya)	Charming cheese toasty served with a rainbow salad (gluten, milk, soya)
Dessert	Apricot cookie (gluten, sulphites, may contain soya)	Raspberry flapjack (gluten)	Fruit jelly	cupcake (gluten, eggs, may contain soya)	Fruity Friday

Lift East Wichel

The Munch Box

Term 2 Menu 2026

Week 5
30.11.2026

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Cheese wheel (gluten, milk, may contain soya) served with diced potatoes (gluten, may contain soya)	Pork meatballs (gluten, milk) served with tomato sauce, spaghetti (gluten), sliced baguette (gluten, may contain eggs & sesame) & vegetables	Chicken, vegetable, potato & bean stew served with homemade soda bread (gluten, milk, may contain soya) & vegetables	Creamy chicken korma (milk) served with rice & naan bread (gluten)	NO SCHOOL (TT DAY)
Green Option	Vegan cheese wheel served with diced potatoes & vegetables (gluten, may contain soya)	Green lentil & vegetable bolognese served with spaghetti (gluten), sliced baguette (gluten, may contain eggs & sesame) & vegetables	Tuscan bean stew served with bread (gluten) & vegetables	Sweet potato & spinach curry served with rice & naan bread (gluten)	
Light Lunch	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	
	Cheese Wrap Delight (gluten, milk)	Turkey tumble (turkey roll) (gluten, may contain sesame)	Tuna roll (gluten, eggs, fish, may contain sesame)	The Ham Slam (pork) ham sandwich (gluten, soya)	
Dessert	Pancake (gluten, eggs, milk)	Apple cake (gluten, eggs, may contain soya)	Cocoa cookie (gluten, may contain soya)	Cherry shortbread (gluten, sulphites, may contain soya)	

Lift East Wichel

The Munch Box

Term 2 Menu 2026

Week 6
07.12.2026

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Baguette cheese & tomato pizza (gluten, cheese, may contain eggs & sesame) served with diced potatoes & veggie sticks	BBQ chicken breast served with jacket potato & vegetables	Funky fish fillet MSC (gluten, fish) served with diced potatoes & baked beans/vegetables	Beef bolognese pasta (gluten) served with baguette (gluten, may contain eggs & sesame) & vegetables	**CHRISTMAS DINNER** Roast turkey served with pork pig in blanket (gluten , sulphites), stuffing ball (gluten), roast potatoes, vegetables & gravy
Green Option	Vegan pizza (gluten) with diced potatoes & veggie sticks	BBQ vegetable & bean stew (celery) served with jacket potato & vegetables	Cheeky tomato twists (gluten) served with bread (gluten, may contain soya) & vegetables	Mild chilli bean burrito (gluten, celery) served with diced potatoes & baked beans/vegetables	**CHRISTMAS DINNER** Vegetable lattice (gluten, may contain soya) served with roast potatoes & vegetables
Light Lunch	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	not today	**CHRISTMAS DINNER** NO pork Roast turkey served with with stuffing ball (gluten), roast potatoes, vegetables & gravy
	Cheese Wrap Delight (gluten, milk)	Ham sandwich (gluten, soya)	Turkey wrap (gluten)	Cheese scone (gluten,milk, may contain soya)	not today
Dessert	Angel Delight (milk)	Beetroot cocoa brownie (gluten, eggs, may contain soya)	Crunchy cookie (gluten, may contain soya)	Blueberry muffin (eggs, milk, gluten)	Christmas cupcake (gluten, eggs, may contain soya)

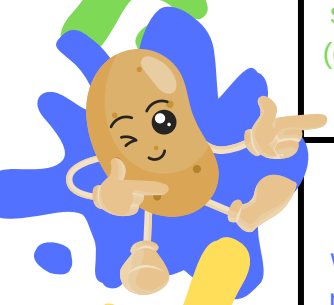
Lift East Wichel

The Munch Box

Term 2 Menu 2026

Week 7
12.12.2026

Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Red Option	Cheeky cheesy wholegrain pasta (gluten, milk, may contain soya) served with garlic bread (gluten, may contain milk & soya) & vegetables	Chicken fajitas (gluten, mustard) served with rice & veggie sticks	Roast loin of pork served with roast potatoes, stuffing (gluten), vegetables & gravy	BBQ pork sausage (gluten, sulphites) served with potato wedges & vegetables	Funky fish fillet MSC (gluten, fish) served with diced potatoes & baked beans/vegetables
Green Option	Cheeky tomato and basil wholegrain pasta in tomato sauce (gluten) served with garlic bread (gluten, may contain milk & soya) & vegetables	Vegetable fajitas (gluten, mustard) served with rice & veggie sticks	Cauliflower, date and chickpea surprise served with roast potatoes & vegetables	Beany BBQ stuffed baked potato served with vegetables	Vegetable pancake roll (gluten, soya) served with diced potatoes & vegetables/baked beans
	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	Baked for Perfection Tatties (jacket potato) with cheese (milk), tuna mayonnaise (eggs, fish) or baked beans	not today
Light Lunch	Cheese Wrap Delight (gluten, milk)	Ham bagel (gluten, may contain sesame)	Turkey wrap (gluten)	Tuna sandwich (gluten, eggs, fish, soya)	Charming cheese toasty served with a rainbow salad (gluten, milk, soya)
Dessert	Apricot cookie (gluten, sulphites, may contain soya)	Raspberry flapjack (gluten)	Fruit jelly	cupcake (gluten, eggs, may contain soya)	Fruity Friday