Catalyst – Benyon Primary School Menu Autumn/Winter 2026

(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	Harvest Chicken Sausage Casserole with Brown Rice & Green Beans	Pork Sausage Toad in the Hole 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	Harvest Vegetable & Butter Bean Casserole with Brown Rice & Green Beans (PB)	Plant Based Sausage in the Hole with Roast Potatoes, Seasonal Vegetables & Gravy (HP)	Roast Vegetable & Lentil Bolognese with Garlic Bread & Sweetcorn (PB)	Plant Based Fish Fingers with Chips & Peas (PB)
	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 School Sponge Cake

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	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 with Green Beans (PB)	Autumn Squash & Butter Bean Stew with Mash Potato (PB) & (HP)	Plant Based Burger with Crushed New Potatoes & Baked Beans (PB)	Cheese & Potato Whirl with Chips & Peas (V)
	Freshly Cut Fruit (Ve) or Shortbread Biscuit	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Apple Sponge	Freshly Cut Fruit (Ve) or Organic Fruit Yoghurt (V)	Freshly Cut Fruit (Ve) or Jelly

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	Sticky Chicken Thighs with Wholemeal Rice & Broccoli	Savoury Mince Beef with Yorkshire Pudding, Mashed Potato, Carrots & Peas	Pork Sausage Roll with Seasoned Potato Wedges & Buttery Sweetcorn	MSC Fish Fingers with Chips & Spaghetti Hoops
	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 Roll with Seasoned Wedges & Buttery Sweetcorn (PB)	Cauliflower & Broccoli Bake with Chips & Spaghetti Hoops (V)
	Freshly Cut Fruit (Ve) or Cinnamon Cookie	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 Carrot Cake

Available Daily ... Jacket Potato with a Choice of Fillings and Friday with Creamy Salmon
Wholemeal Bread - Choice of Salads - Water

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