

# LUNCHTIME

WEEK 1

Spring/Summer 2026

13/04/26, 04/05/26, 25/05/26, 15/06/26,  
06/07/26, 27/07/26, 17/08/26, 07/09/26,  
28/09/26, 19/09/26

## IDDSI 7EC Traditional Menu PLUS IDDSI 4 Spring/Summer 2026

|                                    | MONDAY                                                                                          | TUESDAY                                                 | WEDNESDAY                                                           | THURSDAY                                                     | FRIDAY                                 |
|------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------|
| <b>Option 1</b>                    | Macaroni Cheese & Soft Carrots                                                                  | Homemade Sausage Patty with Mash, Soft Broccoli & Gravy | Roast Chicken Thigh with Paprika Mash, Soft Carrots & Gravy         | Savoury Mince with Mash, Soft Cauliflower & Gravy            | Fish Fingers with Mash & Baked Beans   |
| <b>Option 2</b>                    | Vegetable Bean Chilli with Paprika Mash & Soft Carrots                                          | Veggie Sausage Patty, with Mash, Soft Broccoli & Gravy  | Soft Cauliflower & Broccoli Cheese with Paprika Mash & Soft Carrots | Soft Root Vegetable Stew with Mash, Soft Cauliflower & Gravy | Veggie Fingers with Mash & Baked Beans |
| <b>IDDSI 4</b>                     | Option 2                                                                                        | Both Suitable                                           | Both Suitable                                                       | Both Suitable                                                | Both Suitable                          |
| <b>Pasta - IDDSI 7EC</b>           | <b>Pasta Topped with</b> Homemade Tomato Sauce and Cheese Available daily                       |                                                         |                                                                     |                                                              |                                        |
| <b>Jacketless Potatoes IDDSI 4</b> | <b>Fluffy Jacket Potato &amp; Fillings</b><br>with a choice of Baked Beans, Tuna Mayo or Cheese |                                                         |                                                                     |                                                              |                                        |
| <b>Desserts IDDSI 7EC</b>          | Orange Squash Cupcake & Custard                                                                 | Yoghurt & Fruit Puree                                   | Peach Upside Down Cake & Custard                                    | Chocolate Cinnamon Cake & Custard                            | Banana Cookie & Custard                |
| <b>IDDSI 4 Desserts</b>            | Pureed IDDSI 7EC Desserts                                                                       |                                                         |                                                                     |                                                              |                                        |

Please ensure dishes in this menu are created using the relevant recipe book & methods for this modified diet.



# LUNCHTIME

**WEEK 2**  
Spring/Summer 2026  
20/04/26, 11/05/26, 01/06/26, 22/06/26,  
13/07/26, 03/08/26, 24/08/26, 14/09/26,  
05/09/26

## IDDSI 7EC Traditional Menu PLUS IDDSI 4 Spring/Summer 2026

|                                    | MONDAY                                                                                       | TUESDAY                                           | WEDNESDAY                                                       | THURSDAY                            | FRIDAY                                 |
|------------------------------------|----------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------|-------------------------------------|----------------------------------------|
| <b>Option 1</b>                    | Macaroni Cheese & Soft Carrots                                                               | Bangers and Mash with Soft Carrots & Gravy        | Roast Chicken Thigh with Paprika Mash, Soft Cauliflower & Gravy | Beef Bolognese & Wholegrain Pasta   | Fish Fingers with Mash & Baked Beans   |
| <b>Option 2</b>                    | Vegetable Bean Chilli Paprika Mash & Soft Carrots                                            | Veggie Bangers and Mash with Soft Carrots & Gravy | Tomato & Lentil Stew with Paprika Mash & Soft Cauliflower       | Veggie Bolognese & Wholegrain Pasta | Veggie Fingers with Mash & Baked Beans |
| <b>IDDSI 4</b>                     | Option 2                                                                                     | Both Suitable                                     | Both Suitable                                                   | Replace Pasta with Mash             | Both Suitable                          |
| <b>Pasta - IDDSI 7 EC</b>          | <b>Pasta Topped with</b> Homemade Tomato Sauce and Cheese Available daily                    |                                                   |                                                                 |                                     |                                        |
| <b>Jacketless Potatoes IDDSI 4</b> | <b>Fluffy Jacket Potato &amp; Fillings</b> with a choice of Baked Beans, Tuna Mayo or Cheese |                                                   |                                                                 |                                     |                                        |
| <b>Desserts IDDSI 7EC</b>          | Lemon Shortbread Fingers & Custard                                                           | Vanilla Sponge & Custard                          | Apple Sponge & Custard                                          | Soft Peaches & Custard              | Vanilla Cookie & Custard               |
| <b>IDDSI 4 Desserts</b>            | Pureed IDDSI 7EC Desserts                                                                    |                                                   |                                                                 |                                     |                                        |

Please ensure dishes in this menu are created using the relevant recipe book & methods for this modified diet.



# LUNCHTIME

WEEK 3

Spring/Summer 2026

27/04/26, 18/05/26, 08/06/26, 29/06/26,  
20/07/26, 10/08/26, 31/08/26, 21/09/26,  
12/09/26

## IDDSI 7EC Traditional Menu PLUS IDDSI 4 Spring/Summer 2026

|                                    | MONDAY                                                                                          | TUESDAY                                                      | WEDNESDAY                                                           | THURSDAY                                                     | FRIDAY                                 |
|------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------------------------------------|----------------------------------------|
| <b>Option 1</b>                    | Macaroni Cheese & Soft Carrots                                                                  | Creamy Chicken Meatballs with Mash, Soft Cauliflower & Gravy | Roast Chicken Thigh with, Paprika Mash, Soft Carrots & Gravy        | Minced Beef & Onion Stew with Mash, Soft Cauliflower & Gravy | Fish Fingers with Mash & Baked Beans   |
| <b>Option 2</b>                    | Vegetable Bean Chilli Paprika Mash & Soft Carrots                                               | Vegetable Ratatouille with Mash & Soft Cauliflower           | Soft Cauliflower & Broccoli Cheese with Paprika Mash & Soft Carrots | Soft Root Vegetable Stew with Mash, Soft Cauliflower & Gravy | Veggie Fingers with Mash & Baked Beans |
| <b>IDDSI 4</b>                     | Option 2                                                                                        | Both Suitable                                                | Both Suitable                                                       | Both Suitable                                                | Both Suitable                          |
| <b>Pasta - IDDSI 7 EC</b>          | <b>Pasta Topped with</b> Homemade Tomato Sauce and Cheese Available daily                       |                                                              |                                                                     |                                                              |                                        |
| <b>Jacketless Potatoes IDDSI 4</b> | <b>Fluffy Jacket Potato &amp; Fillings</b><br>with a choice of Baked Beans, Tuna Mayo or Cheese |                                                              |                                                                     |                                                              |                                        |
| <b>Dessert IDDSI 7EC</b>           | Sweet Potato Chocolate Brownie & Custard                                                        | Yoghurt & Fruit Puree                                        | Treacle, Pear & Ginger Cake & Custard                               | Vanilla Sponge & Custard                                     | Banana Cookie & Custard                |
| <b>IDDSI 4 Desserts</b>            | Pureed IDDSI 7EC Desserts                                                                       |                                                              |                                                                     |                                                              |                                        |

Please ensure dishes in this menu are created using the relevant recipe book & methods for this modified diet.

