Early Years EYFS (Castle Tots/Ducklings/Nursery/Reception)
Castle Hill Lunch Menu – Autumn 2026

There is a strong link between healthy eating and effective learning, and we are committed to providing meals that support both.

Below is our three week primary school menu cycle. This needs to be **booked 2 weeks** in advance via parentpay. **If you are eligible for benefit free school meals you must still make your selection.**

We aim to offer nutritionally balanced meals prepared using high quality ingredients and cooked with care. Our menus follow the latest government food standards and are designed with children's health and wellbeing in mind.

Each day, we provide a variety of options to suit different tastes and dietary needs. A typical day includes a daily hot meal option, including a vegetarian offering and also a selection from our salad bar and fruit bar, ensuring pupils can enjoy fresh produce every meal.

Key highlights from our menu include:

- A focus on reducing salt and sugar in our recipes. For example, we use reduced sugar beans and a new ketchup that is 50% lower in sugar and salt.
- Greek and natural yogurt are offered as part of our dessert choice.
- All the meat we use is red tractor certified, ensuring high standards of animal welfare and food safety.
- All our meat is sourced from a trusted local butcher, (who provides top quality meat).
- We serve white rice, a valuable source of B vitamins and fibre.
- We support our pupils on achieving their '5 a day' with daily access to a variety of fruit and vegetables via our salad and fruit bars.

Allergy and Dietary information

We are a **NUT FREE** school, and while we aim to cater to a wide range of dietary needs, we kindly ask that any special dietary requirements e.g gluten free are reported to the school office in advance. This helps us to ensure we can provide safe and suitable meals for every child.

Please note: we do not offer Halal food. All our meat is sourced from a locally trusted butcher.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main option	**Meat FREE Mondays**	Beef burger (no roll) and sweet potato	Roast Chicken, roast potatoes, Yorkshire pudding and mixed veg	Beef Spaghetti Bolognese	Fish finger, chips and beans (Bread offered)
Allergens & Dietary Requirements		Gluten (wheat)	Gluten (wheat) Dairy (milk) Egg	Gluten (wheat)	Fish Gluten (wheat) Egg
Vegetarian Option	Tomato pasta bake (cheese offered)	Veg burger (no roll) with sweet potato	Vegetable wellington, roast potatoes, Yorkshire pudding and mixed veg	Veg spaghetti Bolognese	Vegetable fingers, chips and beans (Bread offered)
Allergens & Dietary Requirements	Gluten (wheat) Dairy (milk)	Gluten (wheat) Dairy (milk)	Gluten (wheat) Dairy (milk) Egg	Gluten (wheat	Gluten (wheat) Dairy (milk) Egg
Jacket potato and fillings	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans
Allergens & Dietary Requirements	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan
A side dish of fresh fruit is offered daily and an alternative is offered. Salad bar is available Monday, Tuesday, Thursday and Friday.					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main option	**Meat FREE Mondays**	Jerk chicken, cous cous and coleslaw	Roast Beef, roast potatoes, carrots and Yorkshire pudding	Chicken curry and rice (sauce offered)	Fish fillet, peas and potato wedges (Bread offered)
Allergens & Dietary Requirements		Gluten (wheat/soya) Dairy (milk) Egg	Gluten (wheat) Dairy (milk) Egg	Dairy (milk)	Fish Gluten (wheat) Egg
Vegetarian Option	Macaroni cheese	Jerk quorn, cous cous and coleslaw	Vegetable Wellington, roast potatoes, carrots and Yorkshire pudding	Quorn curry and rice (sauce offered)	Vegetable Kiev, peas and potato wedges (Bread offered)
Allergens & Dietary Requirements	Gluten (wheat) Dairy (milk)	Gluten (wheat/soya) Dairy (milk) Egg	Gluten (wheat) Dairy (milk) Egg	Dairy (milk)	Gluten (wheat) Dairy (milk) Egg
Jacket potato and fillings	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans
Allergens & Dietary Requirements	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan
A side dish of fresh fruit is offered daily and an alternative is offered. Salad bar is available Monday, Tuesday, Thursday and Friday.					

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main option	**Meat FREE Mondays**	Puff pastry swirl with ham, cheese and mushroom	Roast gammon, roast potatoes, peas and Yorkshire pudding	Chicken sausages, mash and beans	Fish finger, curly fries and spaghetti hoops
Allergens & Dietary Requirements		Pork Gluten (wheat) Dairy (milk/cheese)	Pork Gluten (wheat) Dairy(milk), Egg	Gluten (wheat) Dairy (milk)	Fish Gluten (wheat) Egg
Vegetarian Option	Vegetable stir fry with pasta	Puff pastry swirl with cheese and mushroom	Quorn fillet, roast potatoes, peas and Yorkshire pudding	Veg sausages, mash and beans	Veggie finger, curly fries and spaghetti hoops
Allergens & Dietary Requirements	Gluten (wheat)	Gluten (wheat) Dairy (milk/cheese)	Gluten (wheat) Dairy (milk) Egg	Gluten (wheat) Dairy (milk)	Gluten (wheat) Egg
Jacket potato and fillings	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans	Cheese, vegan cheese option, tuna, beans
Allergens & Dietary Requirements	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan	Fish Dairy (milk) Vegan
A side dish of fresh fruit is offered daily and an alternative is offered. Salad bar is available Monday, Tuesday, Thursday and Friday.					