

NEW WAVE FEDERATION AUTUMN/WINTER 2026 • WEEK 2 • MONDAY

Weeks commencing: 7 September • 28 September • 19 October • 16 November • 7 December



MAIN

**Smoky Sweet Potato
& Black Bean
Chilli (Ve)**



WITH

**Brown Rice &
Chilli-Garlic Green
Beans (Ve)**



SALAD

**Greek Salad with Feta
& Olives (V) or Mango,
Cos Lettuce, Paprika
& Sunflower Seeds
with Vegan Feta (Ve)**



DESSERT

**Fresh Cut Fruit (Ve),
Organic Fruit Yoghurt
(V) or Plant-Based
Yoghurt (Ve)**

(V) Vegetarian (Ve) Vegan

Available daily: Salad bar, cheese & hummus, jacket potato with filling, wholemeal bread and water. Tuna mayo Tuesday–Friday

NEW WAVE FEDERATION AUTUMN/WINTER 2026 • WEEK 2 • TUESDAY

Weeks commencing: 7 September • 28 September • 19 October • 16 November • 7 December



MAIN

**Sun-Dried Tomato,
Spinach & Chicken
Pasta Bake with
rosemary focaccia &
roasted broccoli**



PLANT-BASED CHOICE

**Crispy Katsu
Vegetable Curry with
fragrant rice (Ve)**



SALAD

**Beetroot with
Whipped Feta,
Sunflower Seeds
& Coleslaw (V)**



DESSERT

**Fresh Cut Fruit (Ve),
Organic Fruit Yoghurt
(V) or Plant-Based
Yoghurt (Ve)**

(V) Vegetarian (Ve) Vegan

Available daily: Salad bar, cheese & hummus, jacket potato with filling, wholemeal bread and water. Tuna mayo Tuesday–Friday

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 2 • WEDNESDAY

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MAIN

Vegetable Lasagne with
garlic bread &
roasted cauliflower with
fennel seeds (V)



SECOND CHOICE

Aubergine & Lentil Lasagne with
garlic bread & roasted cauliflower
with fennel seeds (V)



SALAD

Artichoke, Rocket,
Pomegranate & Olive Salad
(Ve) or Potato Salad (V)



DESSERT

Fresh Cut Fruit (Ve),
Organic Fruit Yoghurt (V) or
Plant-Based Yoghurt (Ve)



(V) Vegetarian (Ve) Vegan

Available daily: Salad bar, cheese & hummus, jacket potato with filling, wholemeal bread and water. Tuna mayo Tuesday–Friday.

NEW WAVE FEDERATION AUTUMN/WINTER 2026 • WEEK 2 • THURSDAY

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MAIN

Harvest Roast Chicken with Yorkshire pudding, roasted baby potatoes, carrots, peas & gravy



PLANT-BASED CHOICE

Warm Wholewheat Pittas stuffed with Vegan Feta, balsamic cherry tomatoes, green peppers & caramelised red onion (Ve)



SALAD

Poached Tofu with Miso & Quinoa (Ve) or Puttanesca Salad (Ve)



DESSERT

Bonfire Sticky Ginger Parkin Cake (Ve); Fresh Fruit or Yoghurt also available

(V) Vegetarian (Ve) Vegan

Available daily: Salad bar, cheese & hummus, jacket potato with filling, wholemeal bread and water. Tuna mayo Tuesday–Friday

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 2 • FRIDAY

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MAIN

Mini Fish Tacos with
Avocado-Lime Cream
or
Salmon & Sweetcorn
Fishcakes, with potato wedges,
garden peas & spicy mayo

SECOND CHOICE

Grilled Halloumi Sticks (V)
or Tofu & Vegetable Sticks
(Ve), with potato wedges,
garden peas &
spicy vegan mayo

DESSERT

White Chocolate Cookie (V)
or Shortbread Biscuit (Ve);
Fresh Fruit or Yoghurt
also available

SALAD

Leafy Salad
& Coleslaw (V)

(V) Vegetarian (Ve) Vegan
Available daily: Salad bar, cheese & hummus, jacket potato with
filling, wholemeal bread and water. Tuna mayo Tuesday-Friday