

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 1 • MONDAY

Weeks commencing: 3 September • 21 September • 12 October • 9 November • 30 November



MAIN

Choose: Pepperoni
Pizza, Margherita
Pizza or Plant-Based
Meatball Pizza (Ve)



WITH

Peri-Peri Potato
Wedges (Ve)



SALAD

Selection of
Salads (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 1 • TUESDAY

Weeks commencing: 3 September • 21 September • 12 October • 9 November • 30 November



MAIN

Mild Tex-Mex Chicken Fajita with char-grilled corn, black beans, brown rice, fresh guacamole & cool sour cream



PLANT-BASED CHOICE

Mexican Loaded Corn & Black Bean Quesadillas with zesty fresh tomato salsa (Ve)



SALAD

Leafy Salad & 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 1 • WEDNESDAY

Weeks commencing: 3 September • 21 September • 12 October • 9 November • 30 November



MAIN

Lemon-Herb Chicken Drumstick with orzo salad & roasted broccoli



PLANT-BASED CHOICE

Mild Mediterranean Stuffed Bell Peppers with char-grilled corn, mixed beans & wholemeal rice (Ve)



SALAD

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



DESSERT

Pear, Watermelon & Honeydew Melon Wedges (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 1 • THURSDAY

Weeks commencing: 3 September • 21 September • 12 October • 9 November • 30 November



MAIN

Creamy Sweet Potato, Chickpea & Spinach Curry with jasmine rice, naan bread & garlic-roasted green beans



PLANT-BASED CHOICE

Mild Sticky Thai-Style Tofu & Vegetables with jasmine rice & garlic-roasted green beans (Ve)



SALAD

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



DESSERT

Apple & Cinnamon Crumble with Vegan Cream (Ve) or Custard (V); 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 1 • FRIDAY

Weeks commencing: 3 September • 21 September • 12 October • 9 November • 30 November



MAIN

Slow-Cooked Pulled Chicken & Red Pepper Sliders with apple coleslaw, cubed potatoes & baked beans



PLANT-BASED CHOICE

Roasted Jackfruit, Sun-Dried Tomato & Hummus Sliders with apple coleslaw, cubed potatoes & baked beans (Ve)



SALAD

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



DESSERT

Jelly with Cream (V) or Vegan Cream (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