

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 3 • MONDAY

Weeks commencing: 14 September • 5 October • 2 November • 23 November • 14 December



MAIN

**Sweet Cherry
Tomato, Olives,
Capers & Garlic
Pasta (Ve)**



WITH

**Rosemary Focaccia
& Roasted Broccoli
(Ve)**



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 3 • TUESDAY

Weeks commencing: 14 September • 5 October • 2 November • 23 November • 14 December



MAIN

Potato Wedges topped with BBQ Beef Mince, Sweetcorn & Melted Cheese, with roasted cauliflower & caramelised onions



PLANT-BASED CHOICE

Courgette, Tomato, Plant-Based Feta & Spicy Agave Gratin, with roasted cauliflower & caramelised onions (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 3 • WEDNESDAY

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MAIN

Smoky Vegetable Chilli & Melted Cheese Jacket Potato with garden peas (V)



PLANT-BASED CHOICE

Smoky Vegetable Chilli & Plant-Based Melted Cheese Jacket Potato with garden peas (Ve)



SALAD

Poached Tofu with Miso & Quinoa (Ve) or Puttanesca Salad (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 3 • THURSDAY

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MAIN

Tuscan Creamy Chicken & Sun-Dried Tomato Pasta Shells with roasted green beans



PLANT-BASED CHOICE

Creamy Bell Pepper & Sun-Dried Tomato Pasta Shells with a crispy chickpea topping and roasted green beans (Ve)



SALAD

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



DESSERT

Banana & Sultana Sponge with Custard (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

NEW WAVE FEDERATION

AUTUMN/WINTER 2026 • WEEK 3 • FRIDAY

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MAIN

**Peri-Peri Chicken
Drumstick with
mini potatoes &
roasted sweetcorn**



PLANT-BASED CHOICE

**Peri-Peri Kebabs
with mini potatoes &
roasted sweetcorn (Ve)**



SALAD

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



DESSERT

**Chocolate Cookie (V)
or Shortbread Biscuit
(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