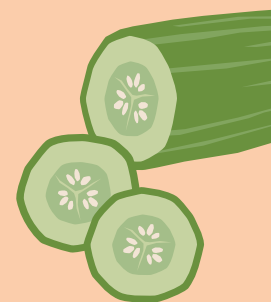
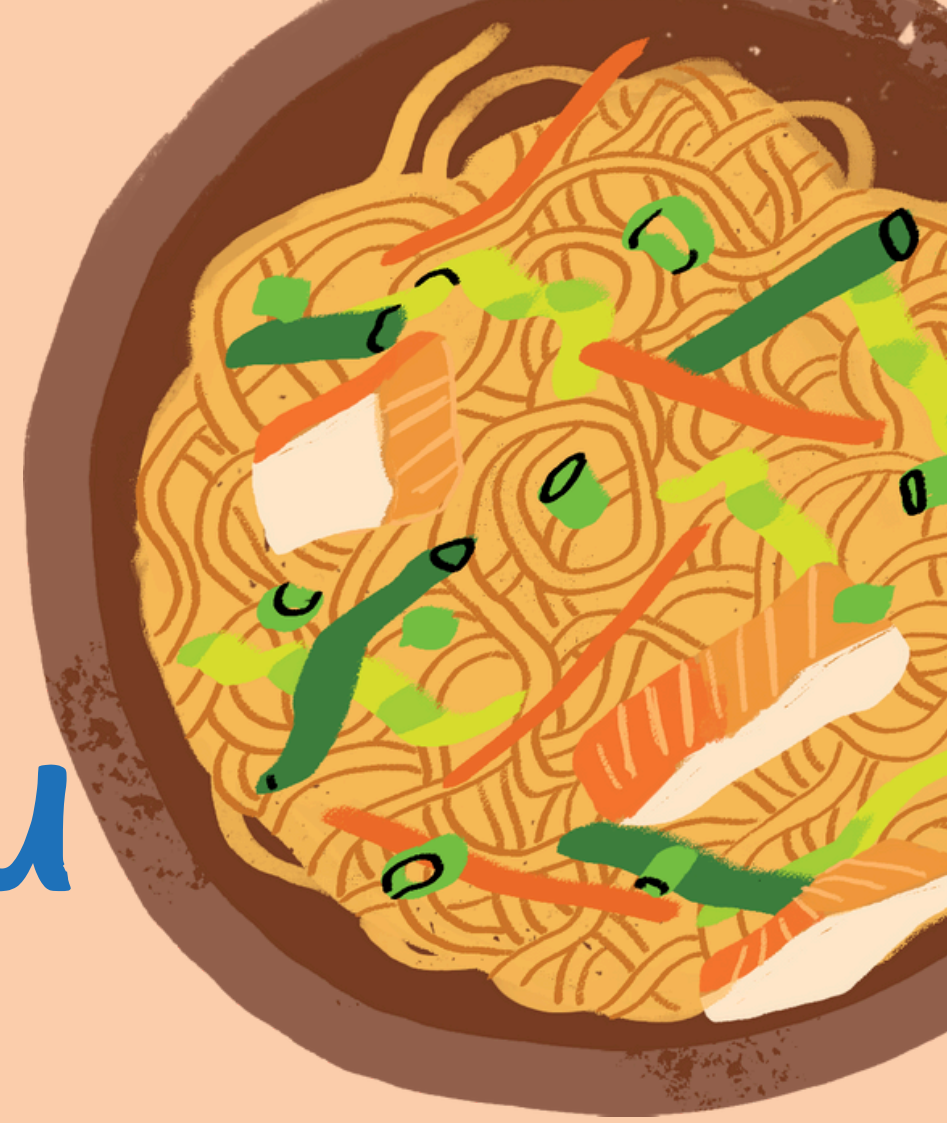




The Great Plate

AUTUMN MENU

September to October 2025



Welcome to The New Menu!

At The Great Plate, we believe school lunches should be as exciting as they are nourishing! Our mission has always been to serve up fresh, wholesome meals, lovingly cooked from scratch using locally sourced ingredients wherever possible.

This term, we're trying something a little different! You'll notice that our menu changes slightly from week to week. Why? We want to experiment with new dishes and see what YOU love the most! Think of it as a delicious adventure—if a dish becomes a big hit, you'll see it pop up more often in the future. And if it's not your favourite, no worries; we'll keep finding new things to try!

By listening to your feedback, we can build a menu that's not only fun and varied but also packed with all the goodness your growing body needs. Our goal is simple: to make every lunchtime tasty, nourishing, and something to look forward to!

So grab your forks, get ready to explore, and let's dig in together!



IF YOU'VE GOT ANY QUESTIONS ABOUT SPECIFIC ALLERGENS IN OUR DISHES, FEEL FREE TO ASK ANY MEMBER OF OUR KITCHEN TEAM —THEY'LL BE MORE THAN HAPPY TO HELP YOU OUT. FOR PARENTS WHOSE KIDS HAVE FOOD ALLERGIES WE KINDLY ASK YOU TO FILL OUT A FORM. THIS WAY, WE'LL HAVE ALL THE INFO WE NEED TO MAKE SURE YOUR CHILD'S NEEDS ARE MET. WHILE WE MAINTAIN VERY HIGH STANDARDS OF HYGIENE IN OUR KITCHENS, IT'S IMPORTANT TO KNOW WE MIGHT NOT ALWAYS BE ABLE TO COMPLETELY ELIMINATE THE RISK OF CROSS-CONTAMINATION DUE TO HOW WE COOK. YOUR UNDERSTANDING ON THIS IS GREATLY APPRECIATED!



Proud to
work
with...



1

Mon 1st Sept

INSET DAY

Tues 2nd Sept

BEEF BOLOGNAISE WITH WHOLEWHEAT PASTA (G)

VEGGIE BOLOGNAISE WITH WHOLEWHEAT PASTA (V) (G)

JACKET POTATO WITH BEANS/CHEESE (V) (D)

Wed 3rd Sept

ROAST TURKEY WITH ROAST POTATOES

CAULIFLOWER AND BROCCOLI CHEESE WITH ROAST POTATOES (V)(D)(G)

CREAMY LENTIL AND SQUASH CURRY WITH RICE (V)

Thurs 4th Sept

CHICKEN CAESAR WRAP WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

VEGGIE CAESAR WRAP WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

JACKET POTATO WITH BEANS /CHEESE (V)(D)

Fri 5th Sept

BATTERED FISH AND CHIPS (G)(F)

VEGAN NUGGETS AND CHIPS (V)(G)

VEGGIE SAUSAGE ROLL WITH CHIPS (V)(G)

2

Mon 8th Sept

PASTA WITH TOMATO SAUCE AND VEGGIE BALLS (V)(G)

EGG FREE MED VEG QUICHE WITH POTATO SALAD (V)(G)

CHEESE (V) (D) OR TUNA(F) MAYO ROLL WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

Tues 9th Sept

CHICKEN FAJITAS AND MEXICAN RICE (G)

VEGGIE FAJITAS AND MEXICAN RICE (V)(G)

JACKET POTATO WITH BEANS/CHEESE (V)(D)

Wed 10th Sept

ROAST PORK AND ROAST POTATOES

VEGGIE QUORN ROAST AND ROAST POTATOES (V)

CHEESY POTATO BAKE (V) (D)(G)

Thurs 11th Sept

HOMEMADE CHEESE AND HAM PIZZA (G)(D)

HOMEMADE CHEESE AND TOMATO PIZZA (D)(G)(V)

JACKET POTATO WITH SALMON MAYO(F)/CHEESE(D)/BEANS(V)

Fri 12th Sept

FISH FINGERS AND CHIPS (G)(F)

VEGAN NUGGETS AND CHIPS (V)(G)

BAKED BEAN SLICE AND CHIPS (V)(G)

3

Mon 15th Sept

CHEESE AND TOMATO MUFFIN PIZZA WITH NEW POTATOES (V)(D)(G)

TOMATO PASTA BAKE (G)(D) (V)

CHEESE (V) (D) OR TUNA (F) ROLL WITH VEGGIE STICKS AND TORTILLA CHIPS (G)

Tues 16th Sept

CHICKEN KATSU CURRY AND RICE (G)(S)

SWEET POTATO KATSU CURRY & RICE (V)(G) (S)

JACKET POTATO WITH BEANS AND CHEESE (V)(D)

Wed 17th Sept

ROAST TURKEY AND ROAST POTATOES

VEGGIE WELLINGTON AND ROAST POTATOES (V)(G)

CHEESE (D) OR HAM ROLL WITH POPCORN AND VEGGIE STICKS (G)

Thurs 18th Sept

BEEF LASAGNE (D)(G)

VEGGIE LASAGNE (V)(D)(G)

JACKET POTATO WITH TUNA MAYO (F)/BEANS (V) (D)

Fri 19th Sept

BATTERED FISH AND CHIPS (G)(F)

VEGAN NUGGETS AND CHIPS (V)(G)

PIZZA PUFF PASTRY WHEELS WITH CHIPS (V)(D)(G)

4

Mon 22nd Sept

PESTO PASTA (V)(G)

CHEESY BEANS ON TOAST (D)(G)(V)

HAM OR CHEESE(D)(V) ROLL WITH TORTILLA CHIPS AND VEGGIE STICKS(G)

Tues 23rd Sept

TERIYAKI CHICKEN AND RICE (S)(G)

VEGGIE QUORN TERIYAKI AND RICE (V)(G)(S)

JACKET POTATO WITH CHEESE (D) OR BEANS (V)

Wed 24th Sept

ROAST PORK WITH ROAST POTATOES

VEGGIE WELLINGTON ROAST AND ROAST POTATOES (G)(V)

CHEESE (V)(D)OR SALMON (F) ROLL WITH VEGGIE STICKS AND POPCORN (G)

Thurs 25th Sept

SAUSAGE CASSEROLE WITH COUS COUS (G)

VEGGIE SAUSAGE CASSEROLE WITH COUS COUS (V)(G)

JACKET POTATO WITH BEANS /TUNA (F) OR CHEESE (V)(D)

Fri 26th Sept

FISH FINGERS AND CHIPS (F) (G)

VEGAN NUGGETS AND CHIPS (V)(G)

VEGGIE SAUSAGE ROLLWITH CHIPS (V)(G)

5

Mon 29th Sept

TOMATO PASTA BAKE (V)(G) (D)

CHEESE AND TOMATO PUFF PASTRY PINWHEELS WITH NEW POTATOES (V)(D)(G)

CHEESE (D)(V) OR TUNA(F) MAYO ROLL WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

Tues 30th Sept

CHICKEN FAJITAS AND MEXICAN RICE (G)

VEGGIE FAJITAS AND MEXICAN RICE (V)(G)

JACKET POTATO WITH BEANS/CHEESE (V) (D)

Wed 1st Oct

ROAST TURKEY AND ROAST POTATOES

CAULIFLOWER AND BROCCOLI CHEESE WITH ROAST POTATOES (V)(D)(G)

PESTO WITH WHOLEMEAL PASTA (V)(G)

Thurs 2nd October

SAUSAGE ROLL WITH MASH POTATO (G)

VEGGIE SAUSAGE ROLL WITH MASH POTATO (V)(G)

JACKET POTATO WITH BEANS/CHEESE (D)(V) OR TUNA MAYO(F)

Fri 3rd Oct

BATTERED FISH AND CHIPS (G)(F)

VEGAN NUGGETS AND CHIPS (V)(G)

BAKED BEAN SLICE WITH CHIPS (V)(G)

6

Mon 6th Oct

CHEESE AND TOMATO MUFFIN PIZZA WITH NEW POTATOES (V)(G)(D)

BEANS ON TOAST (G)

CHEESE (D) OR TUNA MAYO(F) ROLL WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

Tues 7th Oct

CHICKEN KATSU CURRY AND RICE (G) (S)(G)

SWEET POTATO KATSU CURRY & RICE (V)(S)(G)

JACKET POTATO WITH BEANS AND CHEESE (V)(D)

Wed 8th Oct

ROAST PORK WITH ROAST POTATOES

VEGGIE QUORN ROAST AND ROAST POTATOES (V)

HOUMOUS (V) OR HAM ROLL WITH VEGGIE STICKS AND POPCORN (G)

Thurs 9th Oct

BEEF COBBLER (G)

CHEESY LAYERED POTATO BAKE (V) (D) (G)

JACKET POTATO WITH TUNA MAYO (F) /CHEESE (V)(D)

Fri 10th Oct

FISH FINGERS AND CHIPS (G) (F)

VEGAN NUGGETS AND CHIPS (V)(G)

PIZZA PUFF PASTRY WHEELS WITH CHIPS (V)(G)

7

Mon 13th Oct

PASTA WITH TOMATO SAUCE AND VEGGIE BALLS (V)(G)

EGG FREE MED VEG QUICHE WITH POTATO SALAD (V)(G)

CHEESE (V) OR TUNA MAYO (F) ROLL WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

Tues 14th Oct

CHICKEN SATAY AND RICE (S)

SWEET POTATO SATAY (V) (S)

JACKET POTATO WITH BEANS, CHEESE (V)(D) OR TUNA (F)

Wed 15th Oct

ROAST TURKEY AND ROAST POTATOES

VEGGIE WELLINGTON AND ROAST POTATOES (V)(G)

CREAMY CHEESY PASTA (V) (G)

Thurs 16th Oct

SAUSAGE AND CREAMY MASH

VEGGIE SAUSAGE AND CREAMY MASH (V)

JACKET POTATO WITH BEANS /CHEESE (V)

Fri 17th Oct

BATTERED FISH AND CHIPS (G)(F)

VEGAN NUGGETS AND CHIPS (V)(G)

VEGGIE SAUSAGE ROLL WITH CHIPS (V)(G)

8

Mon 20th October

CHEESE AND TOMATO PUFF PASTRY WHEELS AND NEW POTATOES (V)(D)(G)

CREAMY CHEESE AND WHOLEMEAL PASTA (D)(G)

HOUMOUS (V) OR HAM ROLL WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

Tues 21st October

BEEF BOLOGNAISE WITH WHOLEWHEAT PASTA (G)

VEGGIE BOLOGNAISE WITH WHOLEWHEAT PASTA (V) (G)

JACKET POTATO WITH BEANS, CHEESE (V) (D) OR TUNA (F)

Wed 22nd Oct

ROAST PORK WITH ROAST POTATOES

CAULIFLOWER AND BROCCOLI CHEESE WITH ROAST POTATOES (V)(D)(G)

CREAMY LENTIL AND SQUASH CURRY WITH RICE (V)

Thurs 23rd Oct

CHICKEN CAESAR WRAP WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

VEGGIE CAESAR WRAP WITH TORTILLA CHIPS AND VEGGIE STICKS (G)

JACKET POTATO WITH BEANS /CHEESE (V)(D)

Fri 24th Oct

FISH FINGERS AND CHIPS (G) (F)

VEGAN NUGGETS AND CHIPS (V)(G)

BAKED BEAN SLICE WITH CHIPS (V)(G)

V= Vegetarian, D= Contains dairy, G = contains wheat/gluten S=Contains Soy F=Contains Fish

TIME FOR A BREAK