



HIGH ASH WEEKLY MENU



Autumn term 2026, Sept & Oct



Booking a school meal means you can feel confident your child is eating a nutritionally balanced, hot meal everyday and saves time for busy parents by not having to make a packed lunch each day.

We serve a meat and vegetarian option everyday plus jacket potato served with baked beans, tuna or cheese. At least two portions of fruit or vegetables are available each day - all meal options are served with the seasonal vegetables or salad, and fresh fruit is available everyday.

All our eggs are free range and we work with the local butcher to source meat with high animal welfare standards and produced locally where possible. Our kitchen doesn't have any deep fat fryers - all our food is baked, roasted or steamed.

Does your child have an allergy or dietary requirement?

We cater for all types of allergies or dietary requirements. Dairy free, gluten free and the allergy options are available where possible or an alternative will be provided for both main course and dessert. We are a nut free school.

If you have any questions and queries please contact Michelle, our Catering Manager at kitchen@highashschool.co.uk





Week 1, Sept 7th

HIGH ASH WEEKLY MENU

Mon

Bank Holiday

Tues

Inset day

Wed

Inset Day



Thurs

Chicken tender in a wrap with rice and salad

Quorn tender in a wrap with rice and salad

Jacket potato with cheese, tuna or beans

Fri

Cheese and tomato pizza with olives, sweetcorn and cucumber

Jacket potato with cheese, tuna or beans





Week 2, Sept 7th

HIGH ASH WEEKLY MENU

Mon

Spaghetti bolognaise & garlic slice

Macaroni cheese & garlic slice

Jacket potato with cheese, tuna or
beans

Tues

Homemade sausage roll with new
potatoes & sweetcorn

Vegan sausage roll with new
potatoes & sweetcorn

Jacket potato with cheese, tuna or
beans

Wed

Roast Chicken breast with
all the trimmings

Seasonal Vegetable quiche of the
week

Jacket potato with cheese, tuna or
beans

Thurs

Katsu chicken curry with rice &
noodles

Vegetable chow mein with noodles

Jacket potato with cheese, tuna or
beans

Fri

Fish fillet served with chipped
potatoes & peas

Quorn dippers served with chipped
potatoes

Jacket potato with cheese, tuna or
beans





Week 3, Sept 14th

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Mon

Pork meatballs with pasta & garlic slice

Spinach & Ricotta cannelloni

Jacket potato with cheese, tuna or beans

Tues

Chicken tender in a wrap with rice and salad

Quorn tender in a wrap with rice and salad

Jacket potato with cheese, tuna or beans

Wed

Beef burger served with wedges & salad bar

Haloumi burger served with wedges & salad bar

Jacket potato with cheese, tuna or beans

Thurs

Homemade Chicken Tikka masala with rice & pita bread

Sticky Vegetable Boa buns

Jacket potato with cheese, tuna or beans

Fri

Fish fillet served with chipped potatoes & peas

Mexican bean roll & chipped potatoes & peas

Jacket potato with cheese, tuna or beans





Week 4, Sept 21st

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Mon

Pepperoni pizza pasta served with a garlic slice

Macaroni cheese & garlic slice

Jacket potato with cheese, tuna or beans

Tues

Fish fillet, chips & peas

Feta & spinach parcel, chips & peas

Jacket potato with cheese, tuna or beans

Wed

Butchers' sausage in a roll
With salad & seasonal potatoes

Vegetable sausage in a roll with
salad & seasonal potatoes

Jacket potato with cheese, tuna or beans

Thurs

Katsu chicken curry with rice & noodles

Vegetable chow mein with noodles

Jacket potato with cheese, tuna or beans

Fri

Cheese and tomato pizza with olives, sweetcorn and cucumber

Jacket potato with cheese, tuna or beans





Week 5, Sept 28th

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Mon

Beef lasagne with garlic slice

Vegetable & chickpea ravioli served
with a garlic slice

Jacket potato with cheese, tuna or
beans

Tues

Chicken tender in a wrap with rice
and salad

Quorn tender in a wrap with rice
and salad

Jacket potato with cheese, tuna or
beans

Wed

Roast Chicken breast with
all the trimmings

Seasonal Vegetable quiche of the
week

Jacket potato with cheese, tuna or
beans

Thurs

Chilli Taco & rice

Bean chili Taco & rice

Jacket potato with cheese, tuna or
beans

Fri

Fish fillet served with chipped
potatoes & peas

Quorn dippers served with chipped
potatoes

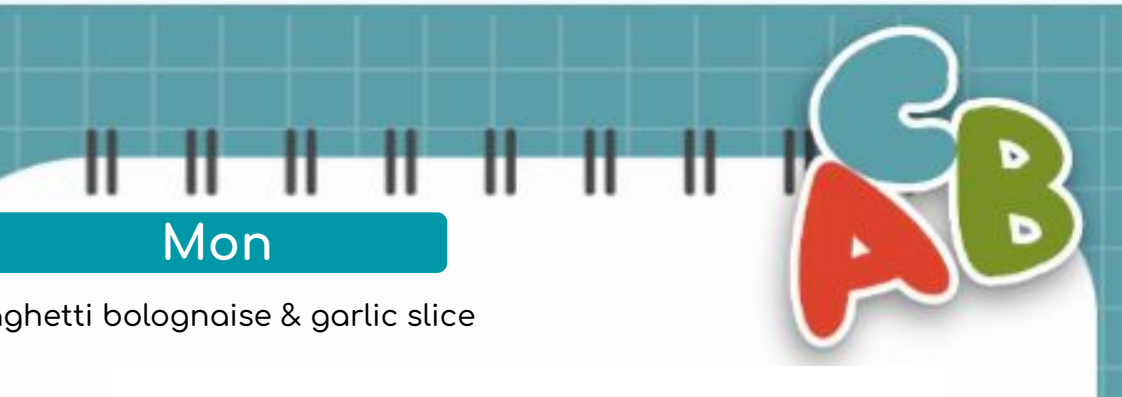
Jacket potato with cheese, tuna or
beans





Week 6, Oct 5th

HIGH ASH WEEKLY MENU



Mon

Spaghetti bolognese & garlic slice

Vegetable lasagne & a garlic slice

Jacket potato with cheese, tuna or
beans

Tues

Salmon Fish fingers & chipped
potatoes & peas

Veggie burger & chipped potatoes &
peas

Jacket potato with cheese, tuna or
beans

Wed

Butchers' sausage in a roll
With salad & seasonal potatoes

Vegetable sausage in a roll with
salad & seasonal potatoes

Jacket potato with cheese, tuna or
beans

Thurs

Ash Tree chicken Korma with rice &
pita

Haloumi Kebab with rice & flatbread

Jacket potato with cheese, tuna or
beans

Fri

Cheese and tomato pizza with olives,
sweetcorn and cucumber

Jacket potato with cheese, tuna or
beans





Week 7, Oct 12th

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Mon

Pepperoni pizza pasta served with a garlic slice

Macaroni cheese & garlic slice

Jacket potato with cheese, tuna or beans

Tues

Chicken tender in a wrap with rice and salad

Quorn tender in a wrap with rice and salad

Jacket potato with cheese, tuna or beans

Wed

Beef burger served with wedges & salad bar

Veggie burger served with wedges & salad bar

Jacket potato with cheese, tuna or beans

Thurs

Ash Tree Chicken curry with & rice & pita

Pea & mint falafel served with rice & pita

Jacket potato with cheese, tuna or beans

Fri

Fish fillet served with chipped potatoes & peas

Quorn dippers served with chipped potatoes

Jacket potato with cheese, tuna or beans





Week 8, Oct 19th

HIGH ASH WEEKLY MENU

Mon

Pork meatballs with pasta & garlic slice

Vegetable & chickpea ravioli with a garlic slice

Jacket potato with cheese, tuna or beans

Tues

Salmon Fish fingers & chipped potatoes & peas

Veggie burger & chipped potatoes & peas

Jacket potato with cheese, tuna or beans

Wed

Roast Chicken breast with All the trimmings

Seasonal Vegetable quiche of the week

Jacket potato with cheese, tuna or beans

Thurs

Homemade Tandoori Chicken with pita & rice

Tandoori Paneer with rice & pitta

Jacket potato with cheese, tuna or beans

Fri

Frankfurter hot dog served with nachos

Quorn Frankfurter served with nachos

Jacket potato with cheese, tuna or beans

