



Savona Partners In Education

Secondary School 3 Week Menu Plan (Hybrid Grab & Go/Hot): Week 1

Key: ★ Cheese as Main (max 2/week) 🐟 Oily Fish (once per 3 weeks) 🌱 Vegan 🍆 Vegetarian

Day	Hot Main Rotates Daily	Wrap Rotates Daily	Deli Roll Rotates Daily	Pasta Box Rotates Daily	Jacket Every day, rotate fillings as needed.	Dessert Lunch	Dip Pots Lunch Only
Mon	Chicken & Chickpea Curry Chickpea & Spinach Dahl 🌱	Chicken, Chickpea & Spinach	Roast Chicken & Roasted Red Pepper	Lentil & Roasted Veg 🌱	Made to order & served daily with a sealed side salad pot (PREP-O04). Egg & Roasted Mediterranean Veg 🍆 Butternut Squash & Chickpea Tagine 🌱 Tuna, Lentil & Sweetcorn Beef Chilli Bean Chilli 🌱 Chickpea & Spinach Curry 🌱 Lentil & Mushroom 🌱	Weekly Hot/Baked Dessert Mango & Coconut Baked Rice Pudding 🌱 Fruit Pots (Available Daily) Mixed Fruit 🌱 Melon & Grape 🌱 Blueberry, Yoghurt & Granola 🍆 Mixed Berry Compote & Yoghurt 🍆	Breadsticks & crackers are savoury snacks, offered only at lunch and only paired with vegetables or dairy (never a standalone snack) Breadsticks & Hummus 🌱 Veg Sticks & Hummus 🌱 Cheese & Crackers 🍆
Tue	Wholewheat Pasta Bolognese Roasted Pepper & Lentil Bolognese 🌱	Falafel, Hummus & Roasted Veg	Chicken Tikka & Cucumber	Beef Bolognese			
Wed	Chicken, Pepper & Sweetcorn Pizza Roasted Veg & Vegan Cheese Pizza 🍆	Roast Chicken, Lentil & Salad	Egg, Watercress & Tomato	Roasted Veg, Cannellini Beans & Pesto 🌱			
Thu	Baked Salmon Fillet 🐟 Butternut & Chickpea Tagine 🌱	Five Bean & Roasted Red Pepper	Halloumi, Roasted Veg & Chickpea ★	Tuna, Sweetcorn & Pepper			
Fri	Baked Fish & Oven Chips Broad Bean, Pea & Spinach Patty 🌱	Chicken Tikka & Cucumber Raita	Baked Salmon, Cucumber & Dill 🐟	Kidney Bean & Smoked Pepper Sauce 🌱			

AVAILABLE EVERY DAY:

Standalone Snacks (Served All Day): Fresh whole fruit - Vegetable sticks/crudité pots - Plain nuts & seeds (where school allows) - No added sugar dried fruit.
Standalone snacks: fruit, veg, nuts, seeds only (no added salt/sugar/fat). Breadsticks & crackers are NOT standalone snacks — offered only in a Dip Pot with veg/dairy, at lunch. No ice cream (2026 ban).
Drinks: Plain milk - Water (500ml) - No added sugar flavoured water.

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Proposed 2026 Standards (secondary, Sep 2027)
Portion Sizes: Secondary



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Secondary School 3 Week Menu Plan (Hybrid Grab & Go/Hot): Week 2

Key: ★ Cheese as Main (max 2/week) 🐟 Oily Fish (once per 3 weeks) 🌱 Vegan 🍆 Vegetarian

Day	Hot Main Rotates Daily	Wrap Rotates Daily	Deli Roll Rotates Daily	Pasta Box Rotates Daily	Jacket Every day. rotate fillings as needed.	Dessert Lunch	Dip Pots Lunch Only
Mon	Beef Cottage Pie Lentil & Mushroom Cottage Pie 🌱	Cheese & Onion ★	Chicken, Avocado & Salad	Chicken & Roasted Courgette	Made to order & served daily with a sealed side salad pot (PREP-004). Egg & Roasted Mediterranean Veg 🍆 Butternut Squash & Chickpea Tagine 🌱 Tuna, Lentil & Sweetcorn Beef Chilli Bean Chilli 🌱 Chickpea & Spinach Curry 🌱 Lentil & Mushroom 🌱	Weekly Hot/Baked Dessert Wholemeal Carrot & Apple Muffin Fruit Pots (Available Daily) Mixed Fruit 🌱 Melon & Grape 🌱 Blueberry, Yoghurt & Granola 🍆 Mixed Berry Compote & Yoghurt 🍆	Breadsticks & crackers are savoury snacks, offered only at lunch and only paired with vegetables or dairy (never a standalone snack) Breadsticks & Hummus 🌱 Veg Sticks & Hummus 🌱 Cheese & Crackers 🍆
Tue	Beef & Bean Chilli Five Bean Chilli 🌱	Chicken Tikka & Cucumber Raita	Spiced Lentil & Spinach 🍆	Five Bean & Tomato Sauce 🌱			
Wed	Chicken Tikka Masala Paneer & Spinach Tikka Masala ★ 🍆 Chickpea & Cauliflower Tikka Masala 🌱	Five Bean & Roasted Red Pepper 🌱	Tuna, Sweetcorn & Cucumber	Beef Bolognese			
Thu	Beef Burger (oven baked) Garden Burger 🌱	Roast Chicken & Lentil Tabbouleh	Egg, Spinach & Tomato	Butternut Squash & Five Bean 🌱			
Fri	Tuna & Wholewheat Pasta Bake Roasted Pepper & Lentil Pasta Bake 🌱	Chicken, Avocado & Salad	Baked Salmon, Cucumber & Dill 🐟	Lentil & Roasted Tomato 🌱			

AVAILABLE EVERY DAY:

Standalone Snacks (Served All Day): Fresh whole fruit - Vegetable sticks/crudité pots - Plain nuts & seeds (where school allows) - No added sugar dried fruit.

Standalone snacks: fruit, veg, nuts, seeds only (no added salt/sugar/fat). Breadsticks & crackers are NOT standalone snacks — offered only in a Dip Pot with veg/dairy, at lunch. No ice cream (2026 ban).

Drinks: Plain milk - Water (500ml) - No added sugar flavoured water.

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Proposed 2026 Standards (secondary, Sep 2027)
Portion Sizes: Secondary





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Secondary School 3 Week Menu Plan (Hybrid Grab & Go/Hot): Week 3

Key: ★ Cheese as Main (max 2/week) 🐟 Oily Fish (once per 3 weeks) 🌱 Vegan 🍆 Vegetarian

Day	Hot Main Rotates Daily	Wrap Rotates Daily	Deli Roll Rotates Daily	Pasta Box Rotates Daily	Jacket Every day, rotate fillings as needed.	Dessert Lunch	Dip Pots Lunch Only
Mon	Lamb & Pearl Barley Stew Mixed Bean & Pearl Barley Stew 🌱	Beef, Kidney Bean & Salsa	Cheese, Apple & Watercress ★ 🍆	Mushroom & Lentil 🌱	Made to order & served daily with a sealed side salad pot (PREP-004). Egg & Roasted Mediterranean Veg 🍆 Butternut Squash & Chickpea Tagine 🌱 Tuna, Lentil & Sweetcorn Beef Chilli Bean Chilli 🌱 Chickpea & Spinach Curry 🌱 Lentil & Mushroom 🌱	Weekly Hot/Baked Dessert Wholemeal Carrot & Apple Muffin Fruit Pots (Available Daily) Mixed Fruit 🌱 Melon & Grape 🌱 Blueberry, Yoghurt & Granola 🍆 Mixed Berry Compote & Yoghurt 🍆	Breadsticks & crackers are savoury snacks, offered only at lunch and only paired with vegetables or dairy (never a standalone snack) Breadsticks & Hummus 🌱 Veg Sticks & Hummus 🌱 Cheese & Crackers 🍆
Tue	Chicken, Edamame & Noodle Stir Fry Edamame & Vegetable Stir Fry 🌱	Five Bean & Roasted Pepper 🌱	Egg, Spinach & Tomato 🍆	Chicken, Edamame & Noodle Stir Fry Edamame & Vegetable Stir Fry 🌱			
Wed	Roast Pork Loin Roasted Butternut Squash & Butterbean Tart 🌱	Roast Pork, Apple Slaw & Mustard	Egg & Roasted Veg 🍆	Butternut Squash & Five Bean 🌱			
Thu	Baked White Fish in Lemon & Herb Sauce Spinach & Ricotta Stuffed Peppers ★ 🍆 Spiced Lentil Stuffed Peppers 🌱	Spiced Lamb & Chickpea	Spiced Lentil & Spinach 🍆	Chicken Tikka			
Fri	Chicken & Cannellini Bean Casserole Spiced Chickpea & Sweet Potato Stew 🌱	Chicken & Lentil Shawarma Wrap	Chicken Tikka & Cucumber	Salmon & Dill 🐟			

AVAILABLE EVERY DAY:
Standalone Snacks (Served All Day): Fresh whole fruit - Vegetable sticks/crudité pots - Plain nuts & seeds (where school allows) - No added sugar dried fruit.
Standalone snacks: fruit, veg, nuts, seeds only (no added salt/sugar/fat). Breadsticks & crackers are NOT standalone snacks — offered only in a Dip Pot with veg/dairy, at lunch. No ice cream (2026 ban).
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Compliance Checklist - Secondary School. 2014 Standards (current) + 2026 Proposed Updates

Cheese as Main Ingredient	Max 2/week (phased to Sep 2028).
Sweet Baked Desserts	Max 1/week (Sep 2027) – tightened from 2/week.
Pulse Day	At least 1 designated day/week where all options include a qualifying pulse (chickpeas/lentils, not baked beans).
Fruit Provision	Fruit offered with all desserts; fruit pots/fresh fruit available daily. (Fruit-only day is a primary-specific rule.)
Drinks	Permitted-drinks list; juice/combination drinks removed (secondary phased to 2028).
Processed Meat	Strict weekly limit Max 2 per week (secondary allowance slightly higher than primary).
No Deep Frying	A vegetable or salad portion must accompany every main option, including grab-and-go items.
Vegetables with Every Main	A vegetable or salad portion must accompany every main meal option (built into the dish or served alongside).
Battered/Breadcrumbs Items & Pastry Items	Combined weekly limit (tightening treat as 1/week to be safe).
Starchy Foods Cooked in Oil	Chips/wedges max 2x/week, and only as part of a meal.
50%+ Wholegrain Rice and Pasta	At least half of all rice and pasta must be wholegrain/wholewheat.
Bread Fibre $\geq 3\text{g}/100\text{g}$	All bread (rolls, naan, wraps, pitta, tortilla) must be $\geq 3\text{g}$ fibre per 100g.
No Added Sugar, Honey & Syrups	Reduce added sugar in everyday items; non-sugar sweeteners banned.
Yogurt Sugar Limit	Plain natural / unsweetened preferred. If sweetened: portion $<125\text{g}$, $<10\text{g}$ sugar & $<3\text{g}$ fat per 100g.
Oily Fish	At least one oily-fish portion across the 3-week cycle.
Savoury Snacks (Grab & Go)	Crackers/breadsticks lunch-only, with veg/dairy; pack $\leq 25\text{g}$, $<22\text{g}$ fat, $<1.5\text{g}$ salt, $<3\text{g}$ sugar per 100g. No standalone all-day savoury snacks.
Fibre Focus	2026 emphasis on increasing fibre across the day (wholegrains, pulses, veg, higher-fibre bread).

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