

Savona Partners In Education

Primary School 3 Week Menu Plan: Week 1

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

Day	Main Meal (Meat/Veg/Vegan - Rotates Daily)	Dessert (Lunch)
Mon	Chicken & Chickpea Curry Chickpea & Spinach Dahl 🌱	Fresh Fruit Salad & Yoghurt
Tue	Wholewheat Pasta Bolognese Roasted Pepper & Lentil Bolognese 🌱	Apple Slices & Yoghurt
Wed	Chicken, Pepper & Sweetcorn Pizza Roasted Veg & Vegan Cheese Pizza 🥬	Seasonal Berry & Fruit Bowl (Fruit Only)
Thur	Baked Salmon Fillet 🐟 Butternut & Chickpea Tagine 🌱	Sliced Melon & grapes (Fruit Only)
Fri	Baked Fish & Oven Chips Broad Bean, Pea & Spinach Patty 🌱	Baked Apple, Cinnamon & Yoghurt

Nutrition: Every dish includes its starch and vegetable.

Drinks: Plain water, milk, unsweetened fortified plant milk.

Knowledge. Solutions. Support.

Proud to support schools in delivering nutritious, compliant and cost-effective meals every day.

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Proposed 2026 Standards (primary, Sep 2027)
Portion Sizes: Primary



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Primary School 3 Week Menu Plan: Week 2

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

Day	Main Meal (Meat/Veg/Vegan - Rotates Daily)	Dessert (Lunch)
Mon	Beef Cottage Pie Lentil & Mushroom Cottage Pie 🌱	Orange Segments & Banana (Fruit Only)
Tue	Beef & Bean Chilli Five Bean Chilli 🌱	Fresh Pineapple & Mango (Fruit Only)
Wed	Chicken Tikka Masala Paneer & Spinach Tikka Masala ★ 🍅 Chickpea & Cauliflower Tikka Masala 🌱	Watermelon & Strawberry Bowl (Fruit Only)
Thur	Beef Burger (Oven Baked) Garden Burger 🌱	Sliced Kiwi & Melon (Fruit Only)
Fri	Tuna & Wholewheat Pasta Bake Roasted Pepper & Lentil Pasta Bake 🌱	Pear Slices & Yoghurt

Nutrition: Every dish includes its starch and vegetable.

Drinks: Plain water, milk, unsweetened fortified plant milk.

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Primary School 3 Week Menu Plan: Week 3

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

Day	Main Meal (Meat/Veg/Vegan - Rotates Daily)	Dessert (Lunch)
Mon	Lamb & Pearl Barley Stew Mixed Bean & Pearl Barley Stew 🌱	Baked Pear with Oat Crumble (Sweet Baked 1/1)
Tue	Chicken, Edamame & Noodle Stir Fry Edamame & Vegetable Stir Fry 🌱	Fresh Fruit Platter (Fruit Only)
Wed	Roast Pork Loin Roasted Butternut Squash & Butter Bean Tart 🌱	Mixed Berry Fruit Salad (Fruit Only)
Thur	Baked White Fish in Lemon & Herb Sauce Spinach & Ricotta Stuffed Peppers ★ 🍅 Spiced Lentil Stuffed Peppers 🌱	Apple & Orange Segments
Fri	Chicken & Cannellini Bean Casserole Spiced Chickpea & Sweet Potato Stew 🌱	Sliced Mango & Pineapple

Nutrition: Every dish includes its starch and vegetable.

Drinks: Plain water, milk, unsweetened fortified plant milk.

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Compliance Checklist - Primary School. 2014 Standards (current) + 2026 Proposed Updates

Cheese as Main Ingredient	Max 2 per week (Sep 2027).
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 Only Dessert Day	At least 1/week, mandatory for primary.
Drinks	Water, semi-skimmed/skimmed milk, lactose-free milk, unsweetened fortified plant-based milk only. No juice or combination drinks.
Processed Meat	Strict weekly limit 1 max per week. (homemade burgers/mince do not count as processed)
No Deep Frying	Deep-frying prohibited. All items baked, steamed, roasted or grilled, no deep-fat fryer.
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 2 per week (tightening, treat as 1/week for primary to be safe).
Starchy Foods Cooked in Oil	Chips/wedges max 2×/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 ≥3g/100g	All bread (rolls, naan, wraps, pitta, tortilla) must be ≥3g fibre per 100g.
No Added Sugar, Honey & Syrups	No added sugar, honey or syrups in everyday dishes. Non-sugar sweeteners banned (none at all in primary).
Yogurt Sugar Limit	Plain natural / unsweetened preferred. If sweetened: portion <125g, <10g sugar & <3g fat per 100g.
Oily Fish	At least one oily-fish portion across the 3-week cycle.
Fibre Focus	2026 emphasis on increasing fibre across the day (wholegrains, pulses, veg, higher-fibre bread).

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