

WEEK 1

Rugby Free Primary

Week Commencing

13.10.2025. 03.11.2025. 24.11.2025.
15.12.2025. 19.01.2026. 09.02.2026

Monday

Pork Sausages

Vegetarian Sausage (V)

Served with Mashed Potato,
Garden Peas, Carrots

Lemon Sponge served & Custard

Tuesday

Homemade Beef Lasagne

Vegetarian Lasagne (V)

Served with Sweetcorn,
Mixed Garden Salad,
Diced Herby Potatoes

Shortbread Finger with Fruit Wedges

Wednesday

Roast Chicken with Gravy

Cauliflower & Broccoli Cheese Bake (V)

Served with Roast Potatoes,
Green Beans, Carrots

Iced Chocolate Sponge

Thursday

Mild Beef Chilli Con Carne

Vegetable Enchilada (V)

Served with Fluffy Rice,
Sweetcorn, Broccoli

Apple Crumble & Custard

Friday

Fish Fingers & Tomato Ketchup

Cheese & Tomato Pizza (V)

Served with Oven Chips,
Garden Peas, Baked Beans

Famous Fruity Friday

WEEK 2

Rugby Free Primary

Week Commencing

20.10.2025. 10.11.2025. 01.12.2025.
05.01.2026. 26.01.2026.

Monday

Beef Burger in a Bun

Cheese & Tomato Pinwheel (V)

Served with Roasted Potato Wedges,
Mixed Garden Salad, Coleslaw

Jam Sponge

Tuesday

BBQ Chicken

Chickpea & Vegetable Biryani (V)

Served with Fluffy Rice,
Garden Peas, Broccoli

Mini Sultana Oat Cookie with Fruit
Slices

Wednesday

Roast Turkey with Gravy

Vegan Quorn Sausage (V)

Served with Roast Potatoes,
Green Beans, Carrots

Pineapple Upside Down Cake
with Custard

Thursday

Chicken Wrap

Cheese & Tomato Pizza (V)

Served with Roasted Potato Wedges,
Sweetcorn, Mixed Garden Salad

Chocolate Brownie

Friday

Fish Fingers

& Tomato Ketchup

BBQ Vegetable & Bean Wrap (V)

Served with Oven Chips,
Garden Peas, Baked Beans

Famous Fruity Friday

WEEK 3

Rugby Free Primary

Week Commencing

17.11.2025. 08.12.2025. 12.01.2026.
02.02.2026

Monday

Cheese, Tomato & Ham Pizza

Mixed Bean Fajita (V)

Served with Roasted Potato
Wedges, Mixed Garden Salad, Coleslaw
Shortbread

Tuesday

Mexican Chicken & Rice

Macaroni Cheese (V)

Served with Warm Baguette,
Garden Peas, Broccoli

Chocolate Sponge with Custard

Wednesday

Roast Gammon with Gravy

Roast Quorn Fillet with Gravy (V)

Served with Mashed Potato,
Carrots, Green Beans

Banana Home Bake

Thursday

Pasta Bolognaise

Vegetarian Chilli & Rice (V)

Served with Bread,
Sweetcorn, Broccoli

Chocolate Cookie

Friday

Fish Fingers & Tomato Ketchup

Vegetable Fingers (V)

Served with Oven Chips,
Garden Peas, Baked Beans

Famous Fruity Friday



AVAILABLE DAILY:

Pasta with Tomato & Basil Sauce
or Jacket Potato topped with either Baked Beans,
Cheese or Tuna Mayonnaise

Choice of Sandwiches: Cheese, Tuna Mayonnaise or Ham
Choice of Freshly Baked Bread, Salad Bar, Fresh Fruit,
Fruit Yoghurt, Jelly and Water.

