

RED KITE MENU SEPTEMBER 2026 – WEEK 1

4TH SEPT – 21ST SEPTEMBER – 12TH OCTOBER – 2ND NOVEMBER -23RD NOVEMBER – 14TH DECEMBER 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEAL	Chicken Burger in a wholemeal bun with Diced Potatoes & Spaghetti Hoops (gluten free available) Gluten, Wheat, Milk, Soya,	Cottage Pie & Peas (gluten free available) Gluten, Wheat, Celery, Soya (Contains garlic)	Roast Chicken, Stuffing, Roast Potatoes, Yorkshire Pudding, Carrots, Cauliflower & Gravy (gluten free available) Gluten, Wheat, Egg, Milk, Sulphites	Pork Meatballs with Pasta Shapes, Sweetcorn & Garlic Bread (gluten free available) Gluten, Egg, Celery (Contains Garlic)	Omega 3 Fish Fingers Oven Chips Peas or Baked Beans (Gluten free available) Gluten, Wheat, Fish
VEGETARIAN MEAL	This Isn't Chicken Burger in a wholemeal bun with Diced Potatoes & Spaghetti Hoops Gluten, Wheat, Soya	Cheese & Tomato Turnover with Diced Potatoes & Baked Beans Gluten, Wheat, Milk, Celery, Soya	Quorn Mince Cottage Pie With Roast Potatoes, Carrots & Cauliflower (gluten free) Sulphites, Milk, Egg	Vegetarian Cowboy Pie with Sweetcorn Gluten, Milk (Pea Fibre)	Cheese & Tomato Pizza Slice Oven Chips Peas or Baked Beans (Gluten Free Option Available) Wheat, Gluten, Milk, Soya, Celery (contains Garlic)
PICNIC LUNCH	Brown Sandwich – Wheat, Gluten Tortilla Wrap – Wheat, Gluten Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Diced Potatoes – Wheat Vegetable Sticks – no allergens Any Dessert (as below)	Brown Sandwich – Wheat, Gluten Tortilla Wrap – Wheat, Gluten Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Cheesy Garlic Bread – Gluten, Soya, Milk (Contains Garlic) Vegetable Sticks – no allergens Any Dessert (as below)	Brown Sandwich – Gluten, Wheat Tortilla Wrap – Wheat, Gluten Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Mini Roast Potatoes – Sulphites Vegetable Sticks – no allergens Any Dessert (as below)	Brown Sandwich – Gluten, Wheat Tortilla Wrap – Wheat, Gluten Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Cheese & Crackers – Wheat, Soya, Gluten, Milk Vegetable Sticks – no allergens Any Dessert (as below)	Brown Sandwich – Gluten, Wheat Tortilla Wrap – Wheat, Gluten Gluten Free Bread Available – Egg Fillings Ham – no allergens Cheese – Milk Tuna Mayo – Fish, Egg Egg Mayo – Egg Oven Chips – no allergens Vegetable Sticks – no allergens Any Dessert (as Below)
Dessert Choice	Banana Sponge & Custard -Wheat, Gluten, Egg, Milk, Soya Yoghurt Pot – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Double Chocolate Cookie – Gluten, Milk, Soya Vanilla Ice Cream - Milk	Lemon Trifle – Wheat, Gluten, Egg, Milk Butterscotch Mousse – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Vanilla School Cake – Gluten, Wheat, Egg, Milk Vanilla Ice Cream - Milk	Apple Crumble & Custard – Gluten, Wheat, Oats, Milk, Barley Chocolate Mousse – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Victoria Sponge – Gluten, Wheat, Egg Vanilla Ice Cream - Milk	Chocolate Cheesecake – Wheat, Gluten, Milk Yoghurt Pot – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Jammy Sandwich Biscuit – Gluten, Wheat, Egg, Soya Vanilla Ice Cream - Milk	Pineapple Upside Down Cake & Custard – Wheat, Gluten, Egg, Milk, Banana Mousse – Milk Jelly Pot – no allergens Fresh Fruit Pot – no allergens Chocolate Chip Cupcakes - Gluten, Wheat, Egg, Milk, Soya Vanilla Ice Cream - Milk
JACKET POTATO	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham - no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten free	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten free	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten Free	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten free	Jacket Potato with a choice of 2 Toppings & House Salad Grated Cheese – Milk Baked Beans – no allergens Tuna Mayo – Fish, Egg Ham – no allergens Homemade Coleslaw – Egg Any Dessert (as above) Gluten free