

Lunch Menu

Every child at Maxwell eats a freshly prepared lunch. Choose the menu that suits your family and we will take care of the rest.

MENU ONE

Standard

Our full seasonal menu, with a light first course and a hot main every day.

- Fresh fish twice a week
- Slow cooked lentils, chickpeas and seasonal vegetables
- Completely nut-free

MENU TWO

No Pork, Fish or Seafood

The same dishes, adapted so that no child eats separately from their friends.

- Fish and seafood replaced with chicken or plant-based mains
- All pork ingredients removed
- Completely nut-free

MENU THREE

Vegan

Entirely plant-based, and built to match the standard menu dish for dish.

- Tofu, lentil and vegetable mains
- Vegan cheese and plant-based milks
- Completely nut-free

Every day — El Hood semi-wholegrain sourdough bread and fresh fruit | **Fridays** — a small homemade dessert and fruit



September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 FIRST Tomato salad MAIN Whole-grain macaroni Bolognese	8 FIRST Marmitako de bonito MAIN Lemon chicken with rice	9 FIRST Stewed lentils MAIN Turkey meatballs in tomato sauce with mashed potatoes	10 FIRST Green beans with tomato & ham MAIN Lomo saltado with rice	11 FIRST Vegetable crudités MAIN Pulled pork burger with potato salad
14 FIRST Courgette cream soup MAIN Chili con carne with white rice	15 FIRST Tomato & cucumber salad MAIN Teriyaki salmon with rice & vegetables	16 FIRST Lentils with vegetables MAIN Roast lemon & herb chicken with potatoes	17 FIRST Green beans with tomato MAIN Beef lasagna	18 FIRST Vegetable crudités MAIN BBQ chicken with roasted potato wedges
21 FIRST Bonito en escabeche MAIN Beef lasagna	22 FIRST Pumpkin & carrot cream soup MAIN Chicken Parmigiana with roasted potatoes	23 FIRST Chickpea & vegetable stew MAIN Baked hake with potatoes	24 FIRST Tomato salad MAIN Chicken teriyaki with white rice	25 FIRST Minestrone MAIN Homemade pizza
28 FIRST Lentil purée MAIN Spaghetti & meatballs	29 FIRST Mixed green salad MAIN Baked salmon with tomato & herbs potatoes	30 FIRST Vegetable cream soup MAIN Arroz chaufa with chicken & vegetables		

No Pork · No Fish · No Seafood

Fish and seafood are replaced with chicken or plant-based alternatives; pork is removed. Completely nut-free.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 FIRST Tomato salad MAIN Whole-grain macaroni Bolognese	8 FIRST Stewed lentils MAIN Turkey meatballs in tomato sauce with mashed potatoes	9 FIRST Marmitako-style potato & vegetable stew MAIN Lemon chicken with white rice without bonito	10 FIRST Green beans with tomato MAIN Lomo saltado with rice without ham	11 FIRST Vegetable crudités MAIN Pulled chicken burger with potato salad
14 FIRST Courgette cream soup MAIN Chili con carne with white rice	15 FIRST Tomato & cucumber salad MAIN Teriyaki chicken with rice & vegetables	16 FIRST Lentils with vegetables MAIN Roast lemon & herb chicken with potatoes	17 FIRST Green beans with tomato MAIN Beef lasagna	18 FIRST Vegetable crudités MAIN BBQ chicken with roasted potato wedges
21 FIRST Vegetables en escabeche MAIN Beef lasagna	22 FIRST Pumpkin & carrot cream soup MAIN Chicken Parmigiana with roasted potatoes	23 FIRST Chickpea & vegetable stew MAIN Baked chicken with potatoes	24 FIRST Tomato salad MAIN Chicken teriyaki with white rice	25 FIRST Minestrone MAIN Homemade pizza no pork toppings
28 FIRST Lentil purée MAIN Spaghetti & beef meatballs	29 FIRST Mixed green salad MAIN Baked chicken with tomato & herbs potatoes	30 FIRST Vegetable cream soup MAIN Arroz chaufa with chicken & vegetables		

Vegan Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 FIRST Tomato salad MAIN Whole-grain macaroni with lentil Bolognese	8 FIRST Stewed lentils MAIN Lentil & vegetable balls in tomato sauce, vegan mash	9 FIRST Marmitako-style potato & vegetable stew MAIN Lemon tofu with white rice	10 FIRST Green beans with tomato MAIN Tofu lomo saltado with rice	11 FIRST Vegetable crudité s MAIN Vegan burger with vegan potato salad
14 FIRST Courgette cream soup MAIN Chili sin carne with white rice	15 FIRST Tomato & cucumber salad MAIN Teriyaki tofu with rice & vegetables	16 FIRST Lentils with vegetables MAIN Lemon & herb tofu with roasted potatoes	17 FIRST Green beans with tomato MAIN Vegan lasagna	18 FIRST Vegetable crudité s MAIN BBQ tofu with roasted potato wedges
21 FIRST Vegetables en escabeche MAIN Vegan lasagna	22 FIRST Pumpkin & carrot cream soup MAIN Vegan Parmigiana-style main, roasted potatoes	23 FIRST Chickpea & vegetable stew MAIN Baked tofu & vegetable main with potatoes	24 FIRST Tomato salad MAIN Teriyaki tofu with white rice	25 FIRST Vegan minestrone MAIN Homemade vegan pizza
28 FIRST Lentil purée MAIN Spaghetti with vegan meatballs	29 FIRST Mixed green salad MAIN Baked tofu with tomato & herbs, potatoes	30 FIRST Vegetable cream soup MAIN Vegetable & tofu chaufa no egg		