

LUNCHTIME

IDDSI 7EC & IDDSI 4 Traditional Menu Autumn/Winter 2026/27



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IDDSI 7EC Option 1	Macaroni Cheese and Soft Roasted Root Veg	BBQ Pulled Pork with Paprika Mash and Broccoli	Roast Chicken with Mash or Roasties and Soft Carrots	Lasagne with Soft Broccoli	Fish Fingers with Mash & Baked Beans
IDDSI 7EC Option 2	Mexican Bean Stew with Mash and Soft Roasted Root Veg	Butterbean Jambalaya with Paprika Mash and Broccoli	Soft Cauliflower & Broccoli Cheese with Mash or Roasties & Soft Carrots	Veggie Lasagne with Soft Broccoli	Veggie Bangers with Mash & Baked Beans
IDDSI 4	Option 2	Both - Option 2 as a Butterbean Stew	Both	Italian Beef & Chicken with Mash & Soft Broccoli	Both
Pasta - IDDSI 7EC	Pasta Topped with Homemade Tomato Sauce and Cheese				
Jacketless Potatoes IDDSI 4	Fluffy Jacket Potato & Fillings with a choice of Baked Beans, Tuna Mayo or Cheese				
Dessert IDDSI 7EC	Sweet Potato Chocolate Brownie & Custard	Yoghurt & Fruit Puree	Sticky Banana Pudding with Custard	Yoghurt & Fruit Puree	Carrot Cookie with Custard
IDDSI 4 Dessert	IDDSI 7EC Desserts Blended to IDDSI 4				

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IDDSI 7EC Option 1	Macaroni Cheese and Soft Carrots	Chicken and Leek Stew with Mash & Soft Broccoli	Roast Chicken Thigh with Mash or Roasties, Soft Cauliflower & Gravy	Beef Bolognese & Wholegrain Pasta	Fish Fingers with Mash & Baked Beans
IDDSI 7EC Option 2	Mexican Bean Stew with Mash and Soft Roasted Root Veg	Bean and Leek Stew with Mash & Soft Broccoli	Tomato & Lentil Stew with Mash or Roasties & Soft Cauliflower	Veggie Bolognese & Wholegrain Pasta	Veggie Bangers with Mash & Baked Beans
IDDSI 4	Option 2	Both	Both	Replace Pasta with Mash	Both Suitable
Pasta - IDDSI 7EC	Pasta Topped with Homemade Tomato Sauce and Cheese				
Jacketless Potatoes IDDSI 4	Fluffy Jacket Potato & Fillings with a choice of Baked Beans, Tuna Mayo or Cheese				
Dessert IDDSI 7EC	Yoghurt & Fruit Puree	Yoghurt & Fruit Puree	Chocolate and Pear Upside Down Cake with Custard	Lemon Drizzle Cake and Custard	Apple Crumble Cookie and Custard
IDDSI 4 Dessert	IDDSI 7EC Desserts Blended to IDDSI 4				

FOOD FESTIVAL

By Aspens

WEEK 3
Autumn/Winter 2026-27
 14/09/26, 05/10/26, 26/10/26,
 16/11/26, 07/12/26, 28/12/26,
 18/01/27, 08/02/27, 01/03/27, 22/03/27

LUNCHTIME

IDDSI 7EC & IDDSI 4 Traditional Menu Autumn/Winter 2026/27



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IDDSI 7EC Option 1	Macaroni Cheese and Soft Roasted Root Veg	Mild Beef Chilli, Paprika Mash and Soft Broccoli	Roast Chicken with Mash or Roasties and Soft Carrots	Meatball Mash with Soft Broccoli	Fish Fingers with Mash & Baked Beans
IDDSI 7EC Option 2	Mexican Bean Stew with Mash and Soft Roasted Root Veg	Mixed Bean Chilli, Paprika Mash and Soft Broccoli	Soft Cauliflower & Broccoli Cheese with Mash or Roasties & Soft Carrots	Bean and Cheesy Mash Bake with Soft Broccoli	Veggie Bangers with Mash & Baked Beans
IDDSI 4	Option 2	Both	Both	Option 1	Both Suitable
Pasta - IDDSI 7EC	Pasta Topped with Homemade Tomato Sauce and Cheese				
Jacketless Potatoes IDDSI 4	Fluffy Jacket Potato & Fillings with a choice of Baked Beans, Tuna Mayo or Cheese				
Dessert IDDSI 7EC	Chocolate Orange Shortbread & Custard	Yoghurt & Puree	Apple and Pear Crumble with Custard	Honey Parsnip Cake & Custard	Custard
IDDSI 4 Dessert	IDDSI 7EC Desserts Blended to IDDSI 4				



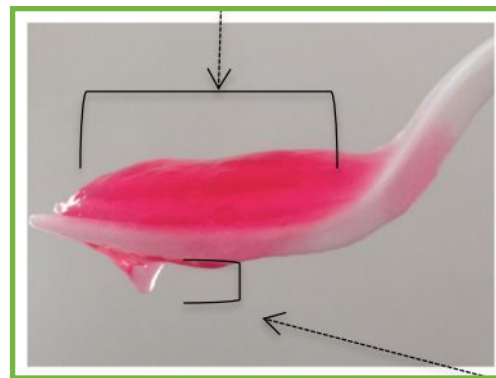
Medical Diet Menu **PUREED**



Must be accompanied by a qualified member of school staff

Fork Drip Test

Sample sits in a pile above the fork; a small amount may flow through and form a short tail below the fork prongs, but it does not flow or drip continuously through the prongs of a fork.



Spoon Tilt Test

Cohesive enough to hold its shape on the spoon. A full spoonful must plop off the spoon if the spoon is tilted or turned sideways. A very gentle flick may be necessary to dislodge the sample from the spoon. A thin film may remain on the spoon however, you should still be able to see the spoon through the thin film; i.e. the sample should not be firm and sticky. The sample may spread out slightly or slump very slowly on a flat plate.



Foods to avoid

- Mixed thick & thin textures (e.g soup with pieces of food)
- Hard or dry (e.g dry cakes, bread, cereal)
- Tough or fibrous foods (e.g pineapple, steak)
- Crispy (e.g crispy bacon)
- Crunchy (e.g raw carrot, apple or popcorn)
- Crumbly bits (e.g dry cake crumble)
- Pips / seeds
- Food with skin (e.g peas, grapes, chicken, salmon, sausage)
- Bones / gristle
- Long shaped food (e.g sausage, grapes)
- Sticky food (e.g gelatine, konjac containing jelly)
- Floppy foods (e.g uncooked spinach, cucumber, lettuce)
- Crusted formed during cooking (e.g mashed potato)
- Visible lumps (e.g in pureed food or yoghurt)



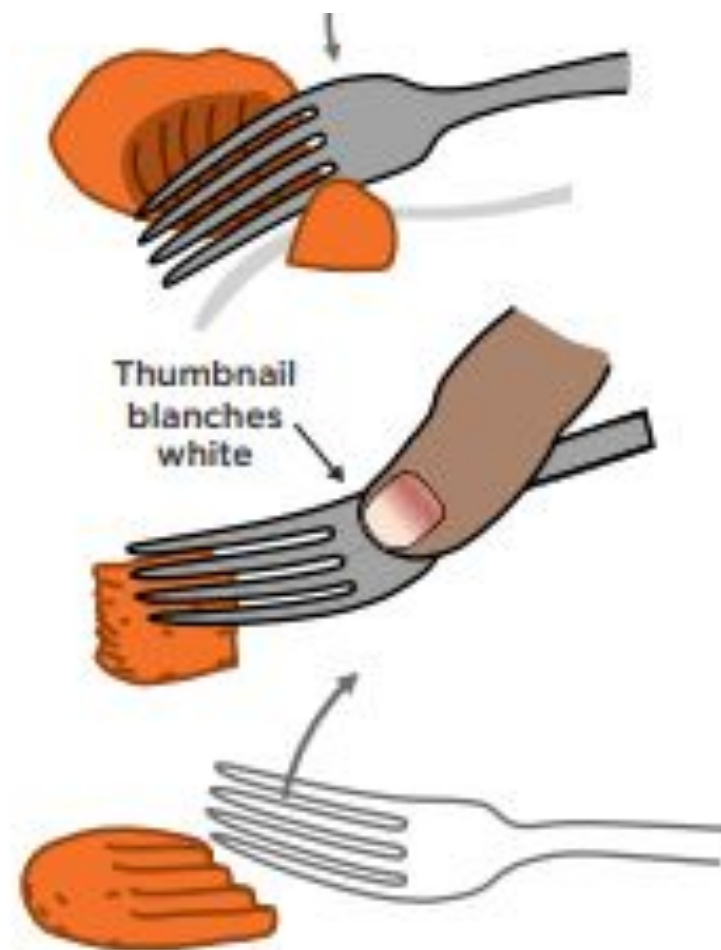
Medical Diet Menu **EASY TO CHEW**



Must be accompanied by a qualified member of school staff

Fork Pressure Test

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape



Foods to avoid

- Hard or dry (e.g dry cakes, bread, cereal)
- Tough or fibrous foods (e.g pineapple, steak)
- Crispy (e.g crispy bacon)
- Crunchy (e.g raw carrot, apple or popcorn)
- Pips / seeds
- Bones / gristle
- Long or round shaped food (e.g sausage, grapes, raisins)
- Sticky food (e.g gelatin, konjac containing jelly)
- Floppy foods (e.g uncooked spinach, cucumber, lettuce)
- Chewy (e.g cheese chunks, sticky mashed potato, dried fruits, sticky foods)