
LEWES OLD GRAMMAR SCHOOL

Mead Cafe Menu
Autumn 1 2026



Week 0 31/08/2026		 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Bank Holiday	Inset	Inset	Mini Sausage Rolls/ Vegan Sausage Rolls Staff Breakfast		Warm Waffles with Cream and Winter Berries
Meaty Main	-	<u>Chicken or Lamb Curry</u>	<u>Sausage and Mash</u>	<u>Sandwich Lunch</u>		<u>Simply the Best!</u> Spaghetti Bolognese, Rich Beef Ragu, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please. GF Available
Veggie Main	-					Spaghetti Bolognese, Rich, Vegan Mince Ragu, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please.
Pasta and Jacket Bar	-					Baked Potatoes served with a choice of Cheddar Cheese or Baked Beans. GF
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays).					Chocolate Sponge and Chocolate Sauce (GF)

Week 1 07/09/2026	 Monday	 Tuesday	 Wednesday	 Thursday	Friday
Morning Break	Tater Tots with Ketchup	Cheese and Ham or Cheese and Tomato Toastie	Margarita Pizza Slice	Warm Pancakes with Maple Syrup or Lemon Wedge and Sugar.	Home Baked Sausage Roll or Vegan Sausage Roll
Meaty Main	<u>Homemade Meatballs!</u> Hand rolled Beef Meatballs in a Rich Tomato and Basil Sauce served with Spaghetti, Garlic Bread and Steamed Broccoli Parmesan Cheese. GF Available	<u>Katsu Curry!</u> Crunchy, Spicy Breaded Chicken Breast topped with a Mild Curry Sauce served with Soy Glazed Noodles (or Basmati Rice) Beansprouts and Pak Choy. GF Available	<u>Taco Time!</u> BBQ Pulled Pork Tacos served in a Crispy Shell with Salsa, Steamed Rice and Sweetcorn 'Ribs'. GF	<u>Mediterranean Chicken</u> Tender Chicken Breast baked with Mediterranean Roast Veg', Olives and Tomatoes, served with Organic Penne Pasta and Steamed Green Beans GF Available	<u>Fish and Chips!</u> Oven Baked Battered Cod Fillet served with Chunky Chips and a choice of Garden or Mushy Peas or Baked Beans.
Veggie Main	Vegan Plant Balls in a Rich Tomato and Basil Sauce served with Spaghetti, Garlic Bread and Steamed Broccoli Parmesan Cheese.	Crunchy, Breaded Vegan Escalope Breast topped with a Mild Curry Sauce served with Soy Glazed Noodles (or Basmati Rice) Beansprouts and Pak Choy	Pulled Plant Strips in a Crispy Taco Crispy Shell, with Salsa, Steamed Riceand Sweetcorn "Ribs"	Mediterranean Style Shakshuka A rich ragu of Mediterranean Roast Veg', Cannellini Beans, Olives and Tomatoes served with Organic Penne Pasta and Steamed Broccoli GF Available	Chia Nuggets served with Chunky Chips and a choice of Garden or Mushy Peas or Baked Beans.
Pasta and Jacket Bar	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Pasta Penne with Tomato and Oregano Sauce.	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Oven Baked Pea and Basil Fritatta served with Skinny Fries and PYO Salad Bar. GF
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays)				Lemon, Poppy Seed and Honey Sponge and Custard GF.

Week 2 14/09/2026	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Hash Browns with Ketchup	Cheesy Garlic Dough Bites	Steak Slice or Vegan S4us4ge Roll.	Margarita Pizza Slice	Warm Waffles with Summer Berries and Cream
Meaty Main	<u>Chilli Nachos!</u> Homemade, Mild, Beef Chilli con Carne loaded with Beans and Veggies, served with Steamed Brown Rice, Nachos and Salsa GF	<u>Homemade Chicken Pie</u> Chicken, Sweetcorn and Leek topped with a Puff Pastry Lid served with Steamed Broccoli and Roasted New Potatoes GF Available	<u>Mac Attack!</u> Homemade Macaroni Cheese with Smoked Bacon, Sundried Tomatoes and Baby Leaf Spinach. Served with Garlic Bread and Steamed Green Beans GF Available	<u>Caribbean Jerk Chicken</u> Mildly Spiced Jerk Chicken served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw GF	<u>BBQ Beef in a Bun!</u> Soft and Tender BBQ Pulled Beef in a Brioche Style Bun served with Oven Baked Fries , Homemade Coleslaw and PYO Salad.
Veggie Main	Homemade, Mild, Soya Mince Chilli con Carne loaded with Beans and Veggies, served with Steamed Brown Rice, Nachos and Salsa GF	Tender Quorn Pieces, Sweetcorn and Leek topped with a Puff Pastry Lid served with Steamed Broccoli and Roasted New Potatoes	Roasted Vegetable, Tomato and Mozzarella Macaroni Pasta Bake served with Garlic Bread and Steamed Green Beans	Mildly Spiced Jerk Quorn Fillets served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw	BBQ Plant Strips in a Brioche Style Bun served with Oven Baked Fries , Homemade Coleslaw and PYO Salad.
Pasta and Jacket Bar	Baked Potato served with Baked Beans, Tuna Mayo or Cheddar Cheese. GF	Tricolour Fusilli Pasta with a Tomato and Oregano Sauce.	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Penne Pasta with Nut Free Pesto and Topped with Cheddar Cheese.	3 Cheese Tortellini with a Tomato and Basil Sauce.
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pot (Wednesdays).				Banana and Chocolate Chip Sponge and Custard GF

Week 3 21-09-26		 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break		Oven Baked Tater Tots with Ketchup	Mini Cheese and Ham or Cheese and Tomato Panini	Margarita Pizza Slice	Pork or Vegan Freshly Baked Sausage Roll.	Warm Waffles with Cream and Winter Berries
Meaty Main		Simply the Best! Spaghetti Bolognese, Rich Beef Ragu, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please. GF Available	Indian Feast! Mildly Spiced Tandoori Chicken served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney. GF Available	Roast Day! Roasted Loin of Pork served with Roast Potatoes, Mini Yorkshire Pudding, Steamed Baton Carrots, Cauliflower Cheese and Gravy GF Available	Sweet Chilli Chicken Noodles Tender Pieces of Chicken and Asian Vegetables in a Mild Sweet Chilli Sauce served with Noodles and Prawn Crackers. GF Available	Fun Fryday! Crispy Chicken HOT HOT HOT Wings! served with Seasoned Potato Wedges and a choice of Baked Beans or Garden Peas and Ketchup. GF Available
Veggie Main		Spaghetti Bolognese, Rich, Vegan Mince Ragu, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please.	Mildly Spiced Tandoori Paneer (Indian Cheese) served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney.	Maple Glazed Quorn Fillet served with Roast Potatoes, Steamed Baton Carrots, Cauliflower Cheese and Gravy	Tender Pieces of Organic Tofu and Asian Vegetables in a Mild Sweet Chilli Sauce served with Noodles and Prawn Crackers. GF Available	Vegan Chia Bites served with Seasoned Potato Wedges and a choice of Baked Beans or Garden Peas and Ketchup. GF
Pasta and Jacket Bar		Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Pasta Penne with Homemade Basil Pesto and Rocket.	Chef's Soup of the Day served with Crusty Bread PYO Salad	Baked Potato topped with Tuna Mayonnaise, Baked Beans or Cheddar Cheese. GF	Whole-wheat Fusilli Pasta served with a Red Pepper and Tomato sauce
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays).					Wk3 Maple Syrup Sponge and Custard GF

Week 4 28/09/2026	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Tater Tots with Ketchup	Cheese and Ham or Cheese and Tomato Toastie	Margarita Pizza Slice	Warm Pancakes with Maple Syrup or Lemon Wedge and Sugar.	Home Baked Sausage Roll or Vegan Sausage Roll
Meaty Main	<u>Homemade Meatballs!</u> Hand rolled Beef Meatballs in a Rich Tomato and Basil Sauce served with Spaghetti, Garlic Bread and Steamed Broccoli Parmesan Cheese. GF Available	<u>Katsu Curry!</u> Crunchy, Spicy Breaded Chicken Breast topped with a Mild Curry Sauce served with Soy Glazed Noodles (or Basmati Rice) Beansprouts and Pak Choy. GF Available	<u>Taco Time!</u> BBQ Pulled Pork Tacos served in a Crispy Shell with Salsa, Steamed Rice and Sweetcorn 'Ribs'. GF	<u>Mediterranean Chicken</u> Tender Chicken Breast baked with Mediterranean Roast Veg', Olives and Tomatoes, served with Organic Penne Pasta and Steamed Green Beans GF Available	<u>Fish and Chips!</u> Oven Baked Battered Cod Fillet served with Chunky Chips and a choice of Garden or Mushy Peas or Baked Beans. GF Available
Veggie Main	Vegan Plant Balls in a Rich Tomato and Basil Sauce served with Spaghetti, Garlic Bread and Steamed Broccoli Parmesan Cheese.	Crunchy, Breaded Vegan Escalope Breast topped with a Mild Curry Sauce served with Soy Glazed Noodles (or Basmati Rice) Beansprouts and Pak Choy	Pulled Plant Strips in a Crispy Taco Crispy Shell, with Salsa, Steamed Riceand Sweetcorn "Ribs"	Mediterranean Style Shakshuka A rich ragu of Mediterranean Roast Veg', Cannellini Beans, Olives and Tomatoes served with Organic Penne Pasta and Steamed Broccoli GF Available	Chia Nuggets served with Chunky Chips and a choice of Garden or Mushy Peas or Baked Beans. GF
Pasta and Jacket Bar	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Pasta Penne with Tomato and Oregano Sauce.	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Oven Baked Pea and Basil Fritatta served with Skinny Fries and PYO Salad Bar. GF
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays)				Apple and Blackberry Crumble and Custard GF.

Week 5 05/10/2026	 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break	Oven Baked Hash Browns with Ketchup	Cheesy Garlic Dough Bites	Steak Slice or Vegan S4us4ge Roll.	Margarita Pizza Slice	Warm Waffles with Summer Berries and Cream
Meaty Main	<u>Chilli Nachos!</u> Homemade, Mild, Beef Chilli con Carne loaded with Beans and Veggies, served with Steamed Brown Rice, Nachos and Salsa GF	<u>Homemade Chicken Pie</u> Chicken, Sweetcorn and Leek topped with a Puff Pastry Lid served with Steamed Broccoli and Roasted New Potatoes GF Available	<u>Mac Attack!</u> Homemade Macaroni Cheese with Smoked Bacon, Sundried Tomatoes and Baby Leaf Spinach. Served with Garlic Bread and Steamed Green Beans GF Available	<u>Caribbean Jerk Chicken</u> Mildly Spiced Jerk Chicken served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw GF	<u>BBQ Beef in a Bun!</u> Soft and Tender BBQ Pulled Beef in a Brioche Style Bun served with Oven Baked Fries , Homemade Coleslaw and PYO Salad.
Veggie Main	Homemade, Mild, Soya Mince Chilli con Carne loaded with Beans and Veggies, served with Steamed Brown Rice, Nachos and Salsa GF	Tender Quorn Pieces, Sweetcorn and Leek topped with a Puff Pastry Lid served with Steamed Broccoli and Roasted New Potatoes	Roasted Vegetable, Tomato and Mozzarella Macaroni Pasta Bake served with Garlic Bread and Steamed Green Beans	Mildly Spiced Jerk Quorn Fillets served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw	BBQ Plant Strips in a Brioche Style Bun served with Oven Baked Fries , Homemade Coleslaw and PYO Salad.
Pasta and Jacket Bar	Baked Potato served with Baked Beans, Tuna Mayo or Cheddar Cheese. GF	Tricolour Fusilli Pasta with a Tomato and Oregano Sauce.	Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Penne Pasta with Nut Free Pesto and Topped with Cheddar Cheese.	3 Cheese Tortellini with a Tomato and Basil Sauce.
Sides and Desserts	A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pot (Wednesdays).				Sticky Toffee Pudding with Toffee Sauce. GF

Week 6 12/10/2026		 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Morning Break		Oven Baked Tater Tots with Ketchup	Mini Cheese and Ham or Cheese and Tomato Panini	Margarita Pizza Slice	Pork or Vegan Freshly Baked Sausage Roll.	Warm Waffles with Cream and Winter Berries
Meaty Main		Simply the Best! Spaghetti Bolognese, Rich Beef Ragu, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please. GF Available	Indian Feast! Mildly Spiced Tandoori Chicken served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney. GF Available	Roast Day! Roasted Loin of Pork served with Roast Potatoes, Mini Yorkshire Pudding, Steamed Baton Carrots, Cauliflower Cheese and Gravy GF Available	Sweet Chilli Chicken Noodles Tender Pieces of Chicken and Asian Vegetables in a Mild Sweet Chilli Sauce served with Noodles and Prawn Crackers. GF Available	Fun Fryday! Crispy Chicken HOT HOT HOT Wings! served with Seasoned Potato Wedges and a choice of Baked Beans or Garden Peas and Ketchup. GF Available
Veggie Main		Spaghetti Bolognese, Rich, Vegan Mince Ragu, loaded with Veggies served with Garlic Bread and Steamed Florets of Broccoli. Add Parmesan Cheese if you please.	Mildly Spiced Tandoori Paneer (Indian Cheese) served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney.	Maple Glazed Quorn Fillet served with Roast Potatoes, Steamed Baton Carrots, Cauliflower Cheese and Gravy	Tender Pieces of Organic Tofu and Asian Vegetables in a Mild Sweet Chilli Sauce served with Noodles and Prawn Crackers. GF Available	Vegan Chia Bites served with Seasoned Potato Wedges and a choice of Baked Beans or Garden Peas and Ketchup. GF
Pasta and Jacket Bar		Baked Potatoes served with a choice of Cheddar Cheese, Tuna Mayo or Baked Beans. GF	Organic Pasta Penne with Homemade Basil Pesto and Rocket.	Chef's Soup of the Day served with Crusty Bread PYO Salad	Baked Potato topped with Tuna Mayonnaise, Baked Beans or Cheddar Cheese. GF	Whole-wheat Fusilli Pasta served with a Red Pepper and Tomato sauce
Sides and Desserts		A House Mixed Salad and Homemade Coleslaw are available daily to help yourself to. Fresh Cut Fruit Pots or Whole Fruit, Homemade Yoghurts with Fruit Coulis and Homemade Granola, Special Cold Dessert Pots (Wednesdays).				Jam Sponge and Custard GF