
LEWES OLD GRAMMAR SCHOOL

Morley House Menu
Autumn 1 2026



Week 0 31/08/2026	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Main	<u>Bank Holiday</u>	<u>Inset Day</u>	<u>Inset Day</u>	<u>Inset Day</u>	<u>Simply the Best!</u> Spaghetti Bolognese. Rich Beef Ragu loaded with Veggies and served with Spaghetti, Garlic Bread and Steamed Broccoli, topped with Parmesan Cheese (optional) GF Available
Veggie Main					Spaghetti Bolognese. Rich Vegan Mince Ragu loaded with Veggies and served with Spaghetti, Garlic Bread and Steamed Broccoli, topped with Parmesan Cheese (optional) GF Available
Pasta and Jacket Bar					Baked Potato served with Baked Beans and/or Grated Cheddar Cheese
Sides and Desserts	A selection of Seasonal Whole Fruit, Freshly Cut Fruit Pots (e.g. Pineapple, Melon, Grapes) Jellies and Yeo Valley Organic Yoghurts A fresh, vibrant Pick Your Own salad bar is available daily.				Chocolate Sponge and Chocolate Sauce (GF)

Week 1 07/09/2026	Monday	Tuesday	Wednesday	Thursday	Friday
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 Broccoli GF Available	<u>Pizza Time!</u> Homemade Margarita or Pepperoni Pizza served with Skinny Fries, Freshly Cut Crudites, Homemade Coleslaw and PYO Salad Bar. 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 Green Beans GF Available	Pizza Time!
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 Frittata served with Skinny Fries and PYO Salad Bar. GF
Sides and Desserts	A selection of Seasonal Whole Fruit, Freshly Cut Fruit Pots (eg. Pineapple, Melon, Grapes) Jellies and Yeo Valley Organic Yoghurts A fresh, vibrant Pick Your Own salad bar is available daily.				Lemon, Poppy Seed and Honey Sponge and Custard GF.

Week 2 14/09/2026	Monday	Tuesday	Wednesday	Thursday	Friday
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 selection of Seasonal Whole Fruit, Freshly Cut Fruit Pots (e.g. Pineapple, Melon, Grapes) Jellies and Yeo Valley Organic Yoghurts A fresh, vibrant Pick Your Own salad bar is available daily.				Banana and Chocolate Chip Cake and Cream GF

Week 3 21/09/2026	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Main	<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	<u>Indian Feast!</u> Mildly Spiced Tandoori Chicken served on a Vegetable Biriyani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney. GF Available	<u>Roast Day!</u> Roasted Loin of Pork served with Roast Potatoes, Mini Yorkshire Pudding, Steamed Baton Carrots, Cauliflower Cheese and Gravy GF Available	<u>Sweet Chilli Chicken Noodles</u> Tender Pieces of Chicken and Asian Vegetables in a Mild Sweet Chilli Sauce served with Noodles and Prawn Crackers. GF Available	<u>Fun Fryday!</u> Crispy Chicken Goujons 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 Biriyani 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
and Desserts	A selection of Seasonal Whole Fruit, Freshly Cut Fruit Pots (e.g. Pineapple, Melon, Grapes) Jellies and Yeo Valley Organic Yoghurts				Maple Syrup Sponge and Custard

Week 4 28/09/2026	Monday	Tuesday	Wednesday	Thursday	Friday
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 Broccoli GF Available	<u>Pizza Time!</u> Homemade Margarita or Pepperoni Pizza served with Skinny Fries, Freshly Cut Crudites, Homemade Coleslaw and PYO Salad Bar. 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	Pizza Time!
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 selection of Seasonal Whole Fruit, Freshly Cut Fruit Pots (e.g. Pineapple, Melon, Grapes) Jellies and Yeo Valley Organic Yoghurts A fresh, vibrant Pick Your Own salad bar is available daily.				Apple and Blackberry Crumble and Custard

Week 5 05/10/2026	Monday	Tuesday	Wednesday	Thursday	Friday
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 BBQ Jerk Chicken</u> Mildly Spiced Jerk Chicken served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw GF	<u>Fun Fryday!</u> Crispy Chicken Goujons or Cod Fish Fingers served with Seasoned Potato Wedges and a choice of Baked Beans or Garden Peas and Ketchup.
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 BBQ Jerk Plant Strips served with Jollof Rice and Steamed Sweetcorn and Homemade Coleslaw	Vegan Chia Bites served with Seasoned Potato Wedges and a choice of Baked Beans or Garden Peas and Ketchup.
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.	Whole-wheat Fusilli Pasta served with a Red Pepper and Tomato sauce
Sides and Desserts	A selection of Seasonal Whole Fruit, Freshly Cut Fruit Pots (e.g. Pineapple, Melon, Grapes) Jellies and Yeo Valley Organic Yoghurts A fresh, vibrant Pick Your Own salad bar is available daily.				Sticky Toffee Pudding and Toffee Custard

Week 6 12/10/2026	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Main	<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	<u>Indian Feast!</u> Mildly Spiced Tandoori Chicken served on a Vegetable Biryani topped with a Rich Curry Sauce, Garlic and Coriander Naan and Mango Chutney. GF Available	<u>Roast Day!</u> Roasted Loin of Pork served with Roast Potatoes, Mini Yorkshire Pudding, Steamed Baton Carrots, Cauliflower Cheese and Gravy GF Available	<u>Sweet Chilli Chicken Noodles</u> Tender Pieces of Chicken and Asian Vegetables in a Mild Sweet Chilli Sauce served with Noodles and Prawn Crackers. GF Available	<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	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	BBQ Plant Strips in a Brioche Style Bun served with Oven Baked Fries , Homemade Coleslaw and PYO Salad.
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	3 Cheese Tortellini with a Tomato and Basil Sauce.
Sides and Desserts	A selection of Seasonal Whole Fruit, Freshly Cut Fruit Pots (e.g. Pineapple, Melon, Grapes) Jellies and Yeo Valley Organic Yoghurts A fresh, vibrant Pick Your Own salad bar is available daily.				Jam Sponge and Custard