

SOUTHLANDS SCHOOL

2025 – 2026 Menu C

Monday

Tuesday

Wednesday

Thursday

Friday

Main

Cheese and Tomato
Pizza



Vegetarian

Cheese and Tomato
Pizza



Veg Sticks



Veg Sticks



Alternate

Jacket Potato



Salad Bar / Sandwich



Selection of Fresh Fruit
and Yoghurt



Main

Pasta with Meatballs



Vegetarian

Pasta with Vegi
Balls



Dough Balls



Veg Sticks



Alternate

Jacket Potato



Salad Bar / Sandwich



Pudding of the Day



Main

Sausage and Mash



Vegetarian

Vegetarian
Sausage and Mash



Mash Potato



Mediterranean
Veg



Alternate

Jacket Potato



Salad Bar / Sandwich



Selection of Fresh Fruit
and Yoghurt



Main

Teriyaki Fish



Vegetarian

Teriyaki Tofu



Noodles



Stir Fry



Alternate

Jacket Potato



Salad Bar / Sandwich



Pudding of the Day



Main

Chicken Kiev



Vegetarian

Vegetarian Kiev



New Potatoes



Broccoli



Alternate

Jacket Potato



Salad Bar / Sandwich



Pudding of the Day

