



# MONTHLY LUNCH MENU

Runnymede College

EST. 1967

MAY 2026

STANDARD MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Wholemeal rice with vegetables (mushroom and courgette) Grilled egg Tomato and mozzarella salad Seasonal fruit Wholemeal bread</p> <p>641 kcal   22.8 g protein   27.8 g fat   68.2 g carbs</p>	<p><b>5</b></p> <p>Chickpea salad with olives, egg and tuna Chicken curry Basmati rice Seasonal fruit Bread</p> <p>627 kcal   34.4 g protein   25 g fat   61.5 g carbs</p>	<p><b>6</b></p> <p>Meat lasagne Fresh hake with homemade lemon Lamb's lettuce salad Seasonal fruit Wholemeal bread</p> <p>625 kcal   32.1 g protein   24 g fat   65.4 g carbs</p>	<p><b>7</b></p> <p>Vegetable wok with soya sauce Grilled lemon chicken Lettuce and sweetcorn salad Flavoured yoghurt Bread</p> <p>621 kcal   32.8 g protein   20.4 g fat   71.8 g carbs</p>	<p><b>8</b></p> <p>Organic stewed lentils with vegetables Baked salmon with tartare sauce Vichy carrots Seasonal fruit Bread</p> <p>672 kcal   38.1 g protein   26 g fat   62.5 g carbs</p>
<p><b>11</b></p> <p>Rice with tomato sauce Grilled egg Lettuce and tomato salad Seasonal fruit Wholemeal bread</p> <p>660 kcal   20 g protein   28.6 g fat   69 g carbs</p>	<p><b>12</b></p> <p>Vegetable cream soup with chickpeas and white beans Beef burger Lettuce and sweetcorn salad Flavoured yoghurt Bread</p> <p>846 kcal   45 g protein   32 g fat   92.9 g carbs</p>	<p><b>13</b></p> <p>Sautéed peas Chicken fillet in vegetable sauce Pan-fried potatoes Seasonal fruit Wholemeal bread</p> <p>749 kcal   47 g protein   40.8 g fat   53.4 g carbs</p>	<p><b>14</b></p> <p>Wholemeal macaroni with tomato sauce Hake with garlic Sprout salad Seasonal fruit Bread</p> <p>752 kcal   30 g protein   22 g fat   106.6 g carbs</p>	<p><b>15</b></p> <p><i>Bank holiday / no service</i></p>
<p><b>18</b></p> <p>Stewed lentils with pumpkin Squid rings Andalusian style Carrot and olive salad Seasonal fruit Wholemeal bread</p> <p>678 kcal   27.8 g protein   32.9 g fat   59.4 g carbs</p>	<p><b>19</b></p> <p>Green beans with ham Tuna steaks Lettuce and tomato salad Seasonal fruit Bread</p> <p>854 kcal   51 g protein   40.4 g fat   46.3 g carbs</p>	<p><b>20</b></p> <p>Wholemeal spaghetti with tomato Turkey meatballs in sauce Stir-fried vegetables Seasonal fruit Wholemeal bread</p> <p>703 kcal   32.2 g protein   27.4 g fat   76.3 g carbs</p>	<p><b>21</b></p> <p>Special vegetable soup (artichoke and broccoli) Turkey omelette Lettuce, tomato and olive salad Flavoured yoghurt Bread</p> <p>623 kcal   20.8 g protein   27.7 g fat   58.8 g carbs</p>	<p><b>22</b></p> <p>Vegetable paella Hake Andalusian style Carrot and lettuce salad Seasonal fruit Bread</p> <p>672 kcal   26.3 g protein   20.9 g fat   93.4 g carbs</p>
<p><b>25</b></p> <p>Andalusian gazpacho with garnish Chicken cooked in its own juices Lettuce, olive and cheese salad Flavoured yoghurt Wholemeal bread</p> <p>608 kcal   47.3 g protein   25 g fat   42.1 g carbs</p>	<p><b>26</b></p> <p>Noodles with pesto Tuna fajita with peppers and tomato Lettuce and sweetcorn salad Seasonal fruit Bread</p> <p>674 kcal   25.1 g protein   26.7 g fat   81 g carbs</p>	<p><b>27</b></p> <p>Oven-baked crispy courgette Chickpeas with couscous Vegetable Caesar salad Seasonal fruit Wholemeal bread</p> <p>854 kcal   24.3 g protein   41.9 g fat   88.4 g carbs</p>	<p><b>28</b></p> <p>Organic pumpkin soup Grilled egg Chips Flavoured yoghurt Bread</p> <p>646 kcal   22 g protein   34 g fat   62.2 g carbs</p>	<p><b>29</b></p> <p>Wholemeal rice with chicken Grilled swordfish Lettuce and apple salad Seasonal fruit Bread</p> <p>740 kcal   41 g protein   24.3 g fat   81.4 g carbs</p>



# MONTHLY LUNCH MENU

Runnymede College

EST. 1967

MAY 2026

NO FISH OR SEAFOOD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Wholemeal rice with vegetables (mushroom and courgette) Grilled egg Tomato and mozzarella salad Seasonal fruit Wholemeal bread</p> <p>621 kcal   20.8 g protein   26.8 g fat   66.2 g carbs</p>	<p><b>5</b></p> <p>Chickpea salad Chicken curry Basmati rice Seasonal fruit Bread</p> <p>607 kcal   32.4 g protein   24 g fat   59.5 g carbs</p>	<p><b>6</b></p> <p>Meat lasagne Grilled fresh pork loin Lamb's lettuce salad Seasonal fruit Wholemeal bread</p> <p>605 kcal   30.1 g protein   23 g fat   63.4 g carbs</p>	<p><b>7</b></p> <p>Vegetable wok Grilled lemon chicken fillet Lettuce and sweetcorn salad Flavoured yoghurt Bread</p> <p>601 kcal   30.8 g protein   19.4 g fat   69.8 g carbs</p>	<p><b>8</b></p> <p>Organic stewed lentils with vegetables Grilled beef burger Vichy carrots Seasonal fruit Bread</p> <p>652 kcal   36.1 g protein   25 g fat   60.5 g carbs</p>
<p><b>11</b></p> <p>Rice with tomato sauce Grilled egg Lettuce and tomato salad Seasonal fruit Wholemeal bread</p> <p>640 kcal   18 g protein   27.6 g fat   67 g carbs</p>	<p><b>12</b></p> <p>Vegetable cream soup with chickpeas and white beans Beef burger Lettuce and sweetcorn salad Flavoured yoghurt Bread</p> <p>826 kcal   43 g protein   31 g fat   90.9 g carbs</p>	<p><b>13</b></p> <p>Sautéed peas Chicken pieces in sauce Pan-fried potatoes Seasonal fruit Wholemeal bread</p> <p>729 kcal   45 g protein   39.8 g fat   51.4 g carbs</p>	<p><b>14</b></p> <p>Wholemeal macaroni with tomato sauce Grilled turkey fillet Sprout salad Seasonal fruit Bread</p> <p>732 kcal   28 g protein   21 g fat   104.6 g carbs</p>	<p><i>Bank holiday / no service</i></p>
<p><b>18</b></p> <p>Stewed lentils with pumpkin Scrambled egg with mushrooms Carrot and olive salad Seasonal fruit Wholemeal bread</p> <p>658 kcal   25.8 g protein   31.9 g fat   57.4 g carbs</p>	<p><b>19</b></p> <p>Green beans with ham Baked chicken wings Lettuce and tomato salad Seasonal fruit Bread</p> <p>834 kcal   49 g protein   39.4 g fat   44.3 g carbs</p>	<p><b>20</b></p> <p>Wholemeal spaghetti with tomato Turkey meatballs in sauce Stir-fried vegetables Seasonal fruit Wholemeal bread</p> <p>683 kcal   30.2 g protein   26.4 g fat   74.3 g carbs</p>	<p><b>21</b></p> <p>Special vegetable soup (artichoke and broccoli) Turkey omelette Lettuce, tomato and olive salad Flavoured yoghurt Bread</p> <p>603 kcal   18.8 g protein   26.7 g fat   56.8 g carbs</p>	<p><b>22</b></p> <p>Vegetable paella Chicken stew Carrot and lettuce salad Seasonal fruit Bread</p> <p>652 kcal   24.3 g protein   19.9 g fat   91.4 g carbs</p>
<p><b>25</b></p> <p>Andalusian gazpacho with garnish Chicken cooked in its own juices Lettuce, olive and cheese salad Flavoured yoghurt Wholemeal bread</p> <p>588 kcal   45.3 g protein   24 g fat   40.1 g carbs</p>	<p><b>26</b></p> <p>Noodles with pesto Turkey and vegetable fajita Lettuce and sweetcorn salad Seasonal fruit Bread</p> <p>654 kcal   23.1 g protein   25.7 g fat   79 g carbs</p>	<p><b>27</b></p> <p>Oven-baked crispy courgette Chickpeas with couscous Vegetable Caesar salad Seasonal fruit Wholemeal bread</p> <p>834 kcal   22.3 g protein   40.9 g fat   86.4 g carbs</p>	<p><b>28</b></p> <p>Organic pumpkin soup Grilled egg Chips Flavoured yoghurt Bread</p> <p>626 kcal   20 g protein   33 g fat   60.2 g carbs</p>	<p><b>29</b></p> <p>Wholemeal rice with chicken Grilled fresh pork loin Lettuce and apple salad Seasonal fruit Bread</p> <p>720 kcal   39 g protein   23.3 g fat   79.4 g carbs</p>



# MONTHLY LUNCH MENU

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NO LEGUMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Wholemeal rice with vegetables (mushroom and courgette) Grilled egg Tomato and mozzarella salad Seasonal fruit Wholemeal bread</p> <p>636 kcal   21.8 g protein   27.8 g fat   69.2 g carbs</p>	<p><b>5</b></p> <p>Lettuce, olive, egg and tuna salad Chicken curry Basmati rice Seasonal fruit Allergen-free bread</p> <p>622 kcal   33.4 g protein   25 g fat   62.5 g carbs</p>	<p><b>6</b></p> <p>Spaghetti with tomato sauce Homemade lemon hake Lamb's lettuce salad Seasonal fruit Allergen-free bread</p> <p>620 kcal   31.1 g protein   24 g fat   66.4 g carbs</p>	<p><b>7</b></p> <p>Country-style vegetable sauté Grilled chicken fillet Lettuce and sweetcorn salad Flavoured yoghurt Allergen-free bread</p> <p>616 kcal   31.8 g protein   20.4 g fat   72.8 g carbs</p>	<p><b>8</b></p> <p>Stewed potatoes with vegetables Baked salmon Vichy carrots Seasonal fruit Allergen-free bread</p> <p>667 kcal   37.1 g protein   26 g fat   63.5 g carbs</p>
<p><b>11</b></p> <p>Rice with tomato sauce Grilled egg Lettuce and tomato salad Seasonal fruit Wholemeal bread</p> <p>655 kcal   19 g protein   28.6 g fat   70 g carbs</p>	<p><b>12</b></p> <p>Carrot cream soup Beef burger Lettuce and sweetcorn salad Flavoured yoghurt Allergen-free bread</p> <p>841 kcal   44 g protein   32 g fat   93.9 g carbs</p>	<p><b>13</b></p> <p>Grilled courgette Chicken pieces in sauce Pan-fried potatoes Seasonal fruit Allergen-free bread</p> <p>744 kcal   46 g protein   40.8 g fat   54.4 g carbs</p>	<p><b>14</b></p> <p>Wholemeal macaroni with tomato sauce Hake with garlic Sprout salad Seasonal fruit Bread</p> <p>747 kcal   29 g protein   22 g fat   107.6 g carbs</p>	<p><i>Bank holiday / no service</i></p>
<p><b>18</b></p> <p>Pumpkin cream soup Squid rings Andalusian style Carrot and olive salad Seasonal fruit Allergen-free bread</p> <p>673 kcal   26.8 g protein   32.9 g fat   60.4 g carbs</p>	<p><b>19</b></p> <p>Broccoli with ham Baked chicken wings Lettuce and tomato salad Seasonal fruit Allergen-free bread</p> <p>849 kcal   50 g protein   40.4 g fat   47.3 g carbs</p>	<p><b>20</b></p> <p>Spaghetti with tomato sauce Turkey meatballs in sauce Stir-fried vegetables Seasonal fruit Allergen-free bread</p> <p>698 kcal   31.2 g protein   27.4 g fat   77.3 g carbs</p>	<p><b>21</b></p> <p>Stir-fried mixed vegetables Potato omelette Lettuce, tomato and olive salad Flavoured yoghurt Allergen-free bread</p> <p>618 kcal   19.8 g protein   27.7 g fat   59.8 g carbs</p>	<p><b>22</b></p> <p>Vegetable paella Hake Andalusian style Carrot and lettuce salad Seasonal fruit Allergen-free bread</p> <p>667 kcal   25.3 g protein   20.9 g fat   94.4 g carbs</p>
<p><b>25</b></p> <p>Andalusian gazpacho with garnish Chicken cooked in its own juices Lettuce, olive and cheese salad Flavoured yoghurt Wholemeal bread</p> <p>603 kcal   46.3 g protein   25 g fat   43.1 g carbs</p>	<p><b>26</b></p> <p>Spaghetti with mushrooms Tuna and tomato pasta bake Lettuce and sweetcorn salad Seasonal fruit Allergen-free bread</p> <p>669 kcal   24.1 g protein   26.7 g fat   82 g carbs</p>	<p><b>27</b></p> <p>Oven-baked crispy courgette Rice with vegetables Lettuce and olive salad Seasonal fruit Allergen-free bread</p> <p>849 kcal   23.3 g protein   41.9 g fat   89.4 g carbs</p>	<p><b>28</b></p> <p>Organic pumpkin soup Grilled egg Chips Flavoured yoghurt Bread</p> <p>641 kcal   21 g protein   34 g fat   63.2 g carbs</p>	<p><b>29</b></p> <p>Wholemeal rice with chicken Grilled swordfish Lettuce and apple salad Seasonal fruit Allergen-free bread</p> <p>735 kcal   40 g protein   24.3 g fat   82.4 g carbs</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Wholemeal rice with vegetables (mushroom and courgette) Grilled egg Tomato and mozzarella salad Seasonal fruit Wholemeal bread</p> <p>616 kcal   16.8 g protein   25.8 g fat   72.2 g carbs</p>	<p><b>5</b></p> <p>Chickpea salad Roasted curried cauliflower Basmati rice Seasonal fruit Bread</p> <p>602 kcal   28.4 g protein   23 g fat   65.5 g carbs</p>	<p><b>6</b></p> <p>Vegetable lasagne Vegan sausages Lamb's lettuce salad Seasonal fruit Wholemeal bread</p> <p>600 kcal   26.1 g protein   22 g fat   69.4 g carbs</p>	<p><b>7</b></p> <p>Vegetable wok Potato omelette Lettuce and sweetcorn salad Flavoured yoghurt Bread</p> <p>596 kcal   26.8 g protein   18.4 g fat   75.8 g carbs</p>	<p><b>8</b></p> <p>Organic stewed lentils with vegetables Marinated tofu strips Vichy carrots Seasonal fruit Bread</p> <p>647 kcal   32.1 g protein   24 g fat   66.5 g carbs</p>
<p><b>11</b></p> <p>Rice with tomato sauce Grilled egg Lettuce and tomato salad Seasonal fruit Wholemeal bread</p> <p>635 kcal   14 g protein   26.6 g fat   73 g carbs</p>	<p><b>12</b></p> <p>Vegetable cream soup Tofu and vegetable fajita Lettuce and sweetcorn salad Flavoured yoghurt Bread</p> <p>821 kcal   39 g protein   30 g fat   96.9 g carbs</p>	<p><b>13</b></p> <p>Sautéed peas Vegan burger on the griddle Pan-fried potatoes Seasonal fruit Wholemeal bread</p> <p>724 kcal   41 g protein   38.8 g fat   57.4 g carbs</p>	<p><b>14</b></p> <p>Wholemeal macaroni with tomato sauce Scrambled egg with mushrooms Sprout salad Seasonal fruit Bread</p> <p>727 kcal   24 g protein   20 g fat   110.6 g carbs</p>	<p><b>15</b></p> <p><i>Bank holiday / no service</i></p>
<p><b>18</b></p> <p>Stewed lentils with pumpkin Rice with mushrooms Carrot and olive salad Seasonal fruit Wholemeal bread</p> <p>653 kcal   21.8 g protein   30.9 g fat   63.4 g carbs</p>	<p><b>19</b></p> <p>Green beans with carrot Vegan sausages Lettuce and tomato salad Seasonal fruit Bread</p> <p>829 kcal   45 g protein   38.4 g fat   50.3 g carbs</p>	<p><b>20</b></p> <p>Wholemeal spaghetti with tomato Chickpea falafel Stir-fried vegetables Seasonal fruit Wholemeal bread</p> <p>678 kcal   26.2 g protein   25.4 g fat   80.3 g carbs</p>	<p><b>21</b></p> <p>Special vegetable soup (artichoke and broccoli) Turkey omelette Lettuce, tomato and olive salad Flavoured yoghurt Bread</p> <p>598 kcal   14.8 g protein   25.7 g fat   62.8 g carbs</p>	<p><b>22</b></p> <p>Vegetable paella Chickpeas sautéed with vegetables Carrot and lettuce salad Seasonal fruit Bread</p> <p>647 kcal   20.3 g protein   18.9 g fat   97.4 g carbs</p>
<p><b>25</b></p> <p>Andalusian gazpacho with garnish Potato omelette Lettuce, olive and cheese salad Flavoured yoghurt Wholemeal bread</p> <p>583 kcal   41.3 g protein   23 g fat   46.1 g carbs</p>	<p><b>26</b></p> <p>Garlic noodles Tofu and vegetable fajita Lettuce and sweetcorn salad Seasonal fruit Bread</p> <p>649 kcal   19.1 g protein   24.7 g fat   85 g carbs</p>	<p><b>27</b></p> <p>Oven-baked crispy courgette Vegan burger on the griddle Vegetable Caesar salad Seasonal fruit Wholemeal bread</p> <p>829 kcal   18.3 g protein   39.9 g fat   92.4 g carbs</p>	<p><b>28</b></p> <p>Organic pumpkin soup Grilled egg Chips Flavoured yoghurt Bread</p> <p>621 kcal   16 g protein   32 g fat   66.2 g carbs</p>	<p><b>29</b></p> <p>Wholemeal rice with mushrooms Aubergines au gratin Lettuce and apple salad Seasonal fruit Bread</p> <p>715 kcal   35 g protein   22.3 g fat   85.4 g carbs</p>



# MONTHLY LUNCH MENU

Runnymede College

EST. 1967

MAY 2026

NO NUTS OR PEANUTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Wholemeal rice with vegetables Grilled egg Tomato and mozzarella salad Seasonal fruit Allergen-free bread</p> <p>631 kcal   22.8 g protein   26.8 g fat   68.2 g carbs</p>	<p><b>5</b></p> <p>Chickpea salad Chicken in sauce Basmati rice Seasonal fruit Allergen-free bread</p> <p>617 kcal   34.4 g protein   24 g fat   61.5 g carbs</p>	<p><b>6</b></p> <p>Noodles with tomato sauce Crispy hake with homemade lemon Lamb's lettuce salad Seasonal fruit Allergen-free bread</p> <p>615 kcal   32.1 g protein   23 g fat   65.4 g carbs</p>	<p><b>7</b></p> <p>Vegetable wok Grilled lemon chicken fillet Lettuce and sweetcorn salad Flavoured yoghurt Allergen-free bread</p> <p>611 kcal   32.8 g protein   19.4 g fat   71.8 g carbs</p>	<p><b>8</b></p> <p>Organic stewed lentils with vegetables Baked salmon Vichy carrots Seasonal fruit Allergen-free bread</p> <p>662 kcal   38.1 g protein   25 g fat   62.5 g carbs</p>
<p><b>11</b></p> <p>Rice with tomato sauce Grilled egg Lettuce and tomato salad Seasonal fruit Allergen-free bread</p> <p>650 kcal   20 g protein   27.6 g fat   69 g carbs</p>	<p><b>12</b></p> <p>Vegetable cream soup with chickpeas and white beans Beef burger Lettuce and sweetcorn salad Flavoured yoghurt Allergen-free bread</p> <p>836 kcal   45 g protein   31 g fat   92.9 g carbs</p>	<p><b>13</b></p> <p>Sautéed peas Chicken pieces in vegetable sauce Pan-fried potatoes Seasonal fruit Allergen-free bread</p> <p>739 kcal   47 g protein   39.8 g fat   53.4 g carbs</p>	<p><b>14</b></p> <p>Wholemeal macaroni with tomato sauce Garlic hake Sprout salad Seasonal fruit Allergen-free bread</p> <p>742 kcal   30 g protein   21 g fat   106.6 g carbs</p>	<p><b>15</b></p> <p><i>Bank holiday / no service</i></p>
<p><b>18</b></p> <p>Stewed lentils with pumpkin Squid rings Andalusian style Carrot and olive salad Seasonal fruit Allergen-free bread</p> <p>668 kcal   27.8 g protein   31.9 g fat   59.4 g carbs</p>	<p><b>19</b></p> <p>Green beans with ham Baked chicken wings Lettuce and tomato salad Seasonal fruit Allergen-free bread</p> <p>844 kcal   51 g protein   39.4 g fat   46.3 g carbs</p>	<p><b>20</b></p> <p>Spaghetti with tomato sauce Turkey meatballs in sauce Stir-fried vegetables Seasonal fruit Allergen-free bread</p> <p>693 kcal   32.2 g protein   26.4 g fat   76.3 g carbs</p>	<p><b>21</b></p> <p>Special vegetable soup Tofu omelette Lettuce, tomato and olive salad Flavoured yoghurt Allergen-free bread</p> <p>613 kcal   20.8 g protein   26.7 g fat   58.8 g carbs</p>	<p><b>22</b></p> <p>Vegetable paella Hake Andalusian style Carrot and lettuce salad Seasonal fruit Allergen-free bread</p> <p>662 kcal   26.3 g protein   19.9 g fat   93.4 g carbs</p>
<p><b>25</b></p> <p>Andalusian gazpacho Chicken in its own juices Lettuce and olive salad Flavoured yoghurt Allergen-free bread</p> <p>598 kcal   47.3 g protein   24 g fat   42.1 g carbs</p>	<p><b>26</b></p> <p>Spaghetti with mushrooms Tuna and tomato pasta bake Lettuce and sweetcorn salad Seasonal fruit Allergen-free bread</p> <p>664 kcal   25.1 g protein   25.7 g fat   81 g carbs</p>	<p><b>27</b></p> <p>Oven-baked crispy courgette Chickpeas with couscous Lettuce and olive salad Seasonal fruit Allergen-free bread</p> <p>844 kcal   24.3 g protein   40.9 g fat   88.4 g carbs</p>	<p><b>28</b></p> <p>Organic pumpkin soup Grilled egg Chips Flavoured yoghurt Allergen-free bread</p> <p>636 kcal   22 g protein   33 g fat   62.2 g carbs</p>	<p><b>29</b></p> <p>Wholemeal rice with chicken Grilled swordfish Lettuce and apple salad Seasonal fruit Allergen-free bread</p> <p>730 kcal   41 g protein   23.3 g fat   81.4 g carbs</p>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Wholemeal rice with vegetables Grilled egg Tomato and mozzarella salad Seasonal fruit Gluten-free bread</p> <p>626 kcal   21.8 g protein   27.8 g fat   65.2 g carbs</p>	<p><b>5</b></p> <p>Chickpea salad Chicken in sauce Basmati rice Seasonal fruit Gluten-free bread</p> <p>612 kcal   33.4 g protein   25 g fat   58.5 g carbs</p>	<p><b>6</b></p> <p>Gluten-free spaghetti with tomato Homemade lemon hake Lamb's lettuce salad Seasonal fruit Gluten-free bread</p> <p>610 kcal   31.1 g protein   24 g fat   62.4 g carbs</p>	<p><b>7</b></p> <p>Country-style vegetable sauté Grilled chicken fillet Lettuce and sweetcorn salad Flavoured yoghurt Gluten-free bread</p> <p>606 kcal   31.8 g protein   20.4 g fat   68.8 g carbs</p>	<p><b>8</b></p> <p>Organic stewed lentils with vegetables Baked salmon Vichy carrots Seasonal fruit Gluten-free bread</p> <p>657 kcal   37.1 g protein   26 g fat   59.5 g carbs</p>
<p><b>11</b></p> <p>Rice with tomato sauce Grilled egg Lettuce and tomato salad Seasonal fruit Gluten-free bread</p> <p>645 kcal   19 g protein   28.6 g fat   66 g carbs</p>	<p><b>12</b></p> <p>Vegetable cream soup Grilled beef burger Lettuce and sweetcorn salad Flavoured yoghurt Gluten-free bread</p> <p>831 kcal   44 g protein   32 g fat   89.9 g carbs</p>	<p><b>13</b></p> <p>Sautéed peas Chicken pieces in sauce Pan-fried potatoes Seasonal fruit Gluten-free bread</p> <p>734 kcal   46 g protein   40.8 g fat   50.4 g carbs</p>	<p><b>14</b></p> <p>Gluten-free macaroni with tomato Garlic hake Sprout salad Seasonal fruit Gluten-free bread</p> <p>737 kcal   29 g protein   22 g fat   103.6 g carbs</p>	<p><b>15</b></p> <p><i>Bank holiday / no service</i></p>
<p><b>18</b></p> <p>Stewed lentils with pumpkin Squid rings Andalusian style Carrot and olive salad Seasonal fruit Gluten-free bread</p> <p>663 kcal   26.8 g protein   32.9 g fat   56.4 g carbs</p>	<p><b>19</b></p> <p>Green beans with ham Baked chicken wings Lettuce and tomato salad Seasonal fruit Gluten-free bread</p> <p>839 kcal   50 g protein   40.4 g fat   43.3 g carbs</p>	<p><b>20</b></p> <p>Gluten-free spaghetti with tomato Turkey meatballs in sauce Stir-fried vegetables Seasonal fruit Gluten-free bread</p> <p>688 kcal   31.2 g protein   27.4 g fat   73.3 g carbs</p>	<p><b>21</b></p> <p>Special vegetable soup Tofu omelette Lettuce, tomato and olive salad Flavoured yoghurt Gluten-free bread</p> <p>608 kcal   19.8 g protein   27.7 g fat   55.8 g carbs</p>	<p><b>22</b></p> <p>Vegetable paella Hake Andalusian style Carrot and lettuce salad Seasonal fruit Gluten-free bread</p> <p>657 kcal   25.3 g protein   20.9 g fat   90.4 g carbs</p>
<p><b>25</b></p> <p>Andalusian gazpacho Chicken in its own juices Lettuce and olive salad Flavoured yoghurt Gluten-free bread</p> <p>593 kcal   46.3 g protein   25 g fat   39.1 g carbs</p>	<p><b>26</b></p> <p>Gluten-free spaghetti with mushrooms Tuna and tomato pasta bake Lettuce and sweetcorn salad Seasonal fruit Gluten-free bread</p> <p>659 kcal   24.1 g protein   26.7 g fat   78 g carbs</p>	<p><b>27</b></p> <p>Oven-baked crispy courgette Chickpeas with vegetables Lettuce and olive salad Seasonal fruit Gluten-free bread</p> <p>839 kcal   23.3 g protein   41.9 g fat   85.4 g carbs</p>	<p><b>28</b></p> <p>Organic pumpkin soup Grilled egg Chips Flavoured yoghurt Gluten-free bread</p> <p>631 kcal   21 g protein   34 g fat   59.2 g carbs</p>	<p><b>29</b></p> <p>Wholemeal rice with chicken Grilled swordfish Lettuce and apple salad Seasonal fruit Gluten-free bread</p> <p>725 kcal   40 g protein   24.3 g fat   78.4 g carbs</p>



# MONTHLY LUNCH MENU

Runnymede College

EST. 1967

MAY 2026

DAIRY-FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Wholemeal rice with vegetables Grilled egg Tomato and olive salad Seasonal fruit Bread</p> <p>621 kcal   20.8 g protein   24.8 g fat   68.2 g carbs</p>	<p><b>5</b></p> <p>Chickpea salad with olives, egg and tuna Chicken in sauce Basmati rice Seasonal fruit Bread</p> <p>607 kcal   32.4 g protein   22 g fat   61.5 g carbs</p>	<p><b>6</b></p> <p>Noodles with tomato sauce Fresh hake Lamb's lettuce salad Seasonal fruit Bread</p> <p>605 kcal   30.1 g protein   21 g fat   65.4 g carbs</p>	<p><b>7</b></p> <p>Vegetable wok Grilled lemon chicken fillet Lettuce and sweetcorn salad Seasonal fruit Bread</p> <p>601 kcal   30.8 g protein   17.4 g fat   71.8 g carbs</p>	<p><b>8</b></p> <p>Organic stewed lentils with vegetables Baked salmon Vichy carrots Seasonal fruit Bread</p> <p>652 kcal   36.1 g protein   23 g fat   62.5 g carbs</p>
<p><b>11</b></p> <p>Rice with tomato sauce Grilled egg Lettuce and tomato salad Seasonal fruit Bread</p> <p>640 kcal   18 g protein   25.6 g fat   69 g carbs</p>	<p><b>12</b></p> <p>Vegetable cream soup Beef burger on the griddle Lettuce and sweetcorn salad Seasonal fruit Bread</p> <p>826 kcal   43 g protein   29 g fat   92.9 g carbs</p>	<p><b>13</b></p> <p>Sautéed peas Chicken pieces in sauce Pan-fried potatoes Seasonal fruit Bread</p> <p>729 kcal   45 g protein   37.8 g fat   53.4 g carbs</p>	<p><b>14</b></p> <p>Wholemeal macaroni with tomato Garlic hake Sprout salad Seasonal fruit Bread</p> <p>732 kcal   28 g protein   19 g fat   106.6 g carbs</p>	<p><i>Bank holiday / no service</i></p>
<p><b>18</b></p> <p>Stewed lentils with pumpkin Squid rings Andalusian style Carrot and olive salad Seasonal fruit Bread</p> <p>658 kcal   25.8 g protein   29.9 g fat   59.4 g carbs</p>	<p><b>19</b></p> <p>Green beans with ham Tuna steaks Lettuce and tomato salad Seasonal fruit Bread</p> <p>834 kcal   49 g protein   37.4 g fat   46.3 g carbs</p>	<p><b>20</b></p> <p>Wholemeal spaghetti with tomato Turkey meatballs in sauce Stir-fried vegetables Seasonal fruit Bread</p> <p>683 kcal   30.2 g protein   24.4 g fat   76.3 g carbs</p>	<p><b>21</b></p> <p>Special vegetable soup Tofu omelette Lettuce, tomato and olive salad Seasonal fruit Bread</p> <p>603 kcal   18.8 g protein   24.7 g fat   58.8 g carbs</p>	<p><b>22</b></p> <p>Vegetable paella Hake Andalusian style Carrot and lettuce salad Seasonal fruit Bread</p> <p>652 kcal   24.3 g protein   17.9 g fat   93.4 g carbs</p>
<p><b>25</b></p> <p>Andalusian gazpacho with garnish Chicken cooked in its own juices Lettuce and olive salad Seasonal fruit Bread</p> <p>588 kcal   45.3 g protein   22 g fat   42.1 g carbs</p>	<p><b>26</b></p> <p>Garlic spaghetti with mushrooms Tuna and tomato pasta bake Lettuce and sweetcorn salad Seasonal fruit Bread</p> <p>654 kcal   23.1 g protein   23.7 g fat   81 g carbs</p>	<p><b>27</b></p> <p>Oven-baked crispy courgette Chickpeas with couscous Lettuce and olive salad Seasonal fruit Bread</p> <p>834 kcal   22.3 g protein   38.9 g fat   88.4 g carbs</p>	<p><b>28</b></p> <p>Organic pumpkin soup Grilled egg Chips Seasonal fruit Bread</p> <p>626 kcal   20 g protein   31 g fat   62.2 g carbs</p>	<p><b>29</b></p> <p>Wholemeal rice with chicken Grilled swordfish Lettuce and apple salad Seasonal fruit Bread</p> <p>720 kcal   39 g protein   21.3 g fat   81.4 g carbs</p>



# MONTHLY LUNCH MENU

Runnymede College

EST. 1967

MAY 2026

EGG-FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> <p>Wholemeal rice with vegetables Grilled turkey fillet Tomato and mozzarella salad Seasonal fruit Allergen-free bread</p> <p>623 kcal   18.8 g protein   26.8 g fat   68.2 g carbs</p>	<p><b>5</b></p> <p>Chickpea salad Chicken in sauce Basmati rice Seasonal fruit Allergen-free bread</p> <p>609 kcal   30.4 g protein   24 g fat   61.5 g carbs</p>	<p><b>6</b></p> <p>Spaghetti with tomato sauce Fresh hake Lamb's lettuce salad Seasonal fruit Allergen-free bread</p> <p>607 kcal   28.1 g protein   23 g fat   65.4 g carbs</p>	<p><b>7</b></p> <p>Vegetable wok Grilled lemon chicken fillet Lettuce and sweetcorn salad Flavoured yoghurt Allergen-free bread</p> <p>603 kcal   28.8 g protein   19.4 g fat   71.8 g carbs</p>	<p><b>8</b></p> <p>Organic stewed lentils with vegetables Baked salmon Vichy carrots Seasonal fruit Allergen-free bread</p> <p>654 kcal   34.1 g protein   25 g fat   62.5 g carbs</p>
<p><b>11</b></p> <p>Rice with tomato sauce Fresh pork loin on the griddle Lettuce and tomato salad Seasonal fruit Allergen-free bread</p> <p>642 kcal   16 g protein   27.6 g fat   69 g carbs</p>	<p><b>12</b></p> <p>Vegetable cream soup Beef burger Lettuce and sweetcorn salad Flavoured yoghurt Allergen-free bread</p> <p>828 kcal   41 g protein   31 g fat   92.9 g carbs</p>	<p><b>13</b></p> <p>Sautéed peas Chicken pieces in sauce Pan-fried potatoes Seasonal fruit Allergen-free bread</p> <p>731 kcal   43 g protein   39.8 g fat   53.4 g carbs</p>	<p><b>14</b></p> <p>Wholemeal macaroni with tomato Garlic hake Sprout salad Seasonal fruit Allergen-free bread</p> <p>734 kcal   26 g protein   21 g fat   106.6 g carbs</p>	<p><b>15</b></p> <p><i>Bank holiday / no service</i></p>
<p><b>18</b></p> <p>Stewed lentils with pumpkin Squid rings Andalusian style Carrot and olive salad Seasonal fruit Allergen-free bread</p> <p>660 kcal   23.8 g protein   31.9 g fat   59.4 g carbs</p>	<p><b>19</b></p> <p>Green beans with ham Baked chicken wings Lettuce and tomato salad Seasonal fruit Allergen-free bread</p> <p>836 kcal   47 g protein   39.4 g fat   46.3 g carbs</p>	<p><b>20</b></p> <p>Spaghetti with tomato sauce Turkey meatballs in sauce Stir-fried vegetables Seasonal fruit Allergen-free bread</p> <p>685 kcal   28.2 g protein   26.4 g fat   76.3 g carbs</p>	<p><b>21</b></p> <p>Special vegetable soup Fresh pork loin Lettuce, tomato and olive salad Flavoured yoghurt Allergen-free bread</p> <p>605 kcal   16.8 g protein   26.7 g fat   58.8 g carbs</p>	<p><b>22</b></p> <p>Vegetable paella Hake Andalusian style Carrot and lettuce salad Seasonal fruit Allergen-free bread</p> <p>654 kcal   22.3 g protein   19.9 g fat   93.4 g carbs</p>
<p><b>25</b></p> <p>Andalusian gazpacho Chicken in its own juices Lettuce and cheese salad Flavoured yoghurt Allergen-free bread</p> <p>590 kcal   43.3 g protein   24 g fat   42.1 g carbs</p>	<p><b>26</b></p> <p>Spaghetti with mushrooms Tuna and tomato pasta bake Lettuce and sweetcorn salad Seasonal fruit Allergen-free bread</p> <p>656 kcal   21.1 g protein   25.7 g fat   81 g carbs</p>	<p><b>27</b></p> <p>Oven-baked crispy courgette Chickpeas with couscous Lettuce and olive salad Seasonal fruit Allergen-free bread</p> <p>836 kcal   20.3 g protein   40.9 g fat   88.4 g carbs</p>	<p><b>28</b></p> <p>Organic pumpkin soup Grilled pork loin Chips Flavoured yoghurt Allergen-free bread</p> <p>628 kcal   18 g protein   33 g fat   62.2 g carbs</p>	<p><b>29</b></p> <p>Wholemeal rice with chicken Grilled swordfish Lettuce and apple salad Seasonal fruit Allergen-free bread</p> <p>722 kcal   37 g protein   23.3 g fat   81.4 g carbs</p>

## Healthy breakfast suggestions

### DAIRY

Milk  
Yoghurt  
Cheese  
Curd cheese  
Cottage cheese

### CEREALS

White bread  
Wholemeal bread  
Breakfast cereals  
Biscuits

### FRUIT

Whole fruit  
Natural fruit juice  
Fresh tomato

### OTHERS

Olive oil  
Homemade jam  
Honey  
Homemade pastries

## Supper suggestions

### IF LUNCH INCLUDED

### YOU CAN HAVE

1° Cereals (rice / pasta) → Cooked vegetables or raw salad  
2° Meat or egg → Fish or egg / fish or meat  
Dessert: Fruit or dairy → Fruit

## School kitchen priorities

- Increased fish, pulses and fruit
- One plant-protein day each month
- More organic products
- More wholegrain rice, pasta and bread
- Reduction of fried and pre-cooked products
- Water as the only drink
- Special menus for allergies and intolerances

**More green: fill your plate with fruit and vegetables every day.**