

















Autumn / Winter 2024/2025 - Week One

Dates: 9th Sep, 30th Sep, 21st Oct, 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt



V35523

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Pesto and broccoli Spiral Pasta 	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Red Tractor Beef Pasta Bolognese & Garlic Bread 	MSC Fish Fingers & Chips
Vegetarian Option	Cheese & Tomato Pizza with Tomato Pasta Salad 	Vegetable Korma Hand Pies with Sunny Vegetable Rice 	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Plant-based Pasta Bolognese with Garlic Bread 	Crispy Vegetable Fingers & Chips
'Street or World Food'	Butternut Squash, Chickpea & Lentil Dhal Served with Rice & Naan Bread Fingers	Cheese & Onion Pastry Roll with Skin on Baked Wedges 	Homemade Lamb/ or Plant-based Mince Turkish Flatbread  	Cheese & Tomato Melt	Onion Bhaji Burger & Chips
Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	Baked Beans British Red Garden Peas  Tractor 
Sandwiches, Rice & Pasta	N/A	Jollof Rice with 5 Beans	Freshly Made Sandwich with wholemeal bread Cheddar, Tuna Mayonnaise or Ham	N/A	Freshly Made Sandwich with wholemeal bread Cheddar, Tuna Mayonnaise or Ham
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	N/A	N/A	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	N/A
Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	'Hidden Fruit 'Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments	Vanilla & Cherry Cookie Cup & Custard 

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



Autumn / Winter 2024/2025 - Week Two

Dates: 16th Sep, 7th Oct, 28th Oct, 18th Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza 	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken wholemeal Pasta Spirals 	MSC Fish Fingers & Chips
Vegetarian Option	Potato, Spinach & Cheese Toasted Wrap with Tomato Salsa 	Plant Based Sausage with Mashed Potatoes & Gravy 	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes 	Garlic & Tomato Vegetable wholemeal Pasta Spirals 	Crispy Vegetable Fingers & Chips
'Street or World Food'	Vegetable Biryani	Cauliflower, Sweet Potato and Chickpea Curry with Mixed Rice 	Mediterranean Vegetable Tart Served with Roast Potatoes	Massaman Aubergine Curry & Rice 	Crispy Falafel Bites, Tomato Salsa served with Chips
Vegetables	British Red Tractor Garden Peas Green beans 	Broccoli/Cauliflower & Carrots 	Broccoli/Cauliflower & Carrots, Sweetcorn 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas
Sandwiches, Rice & Pasta	N/A	Pesto pasta	Freshly Made Sandwich on wholemeal bread with Cheddar, Tuna Mayonnaise or Ham	N/A	Jollof Rice with 5 Beans
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	N/A	N/A	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	N/A
Dessert	Apple & Sultana Crumble Bar with Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread/Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

Portion(s) of fruit or veg

Source of wholegrain

Contains plant-based proteins

50% fruit

Oily fish

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



Autumn / Winter 2024/2025 - Week Three

Dates: 2nd Sep, 23rd Sep, 14th Oct, 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Beef Cottage Pie with Mash or Skin on Potato Wedges ½ portion	MSC Fish Fingers & Chips
Vegetarian Option	Veggie Shepherd's Pie	Vegetable Lasagne with Garlic & Tomato Bread 	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant based mince Cottage Pie with Mash or Skin on Potato Wedges ½ portion	Crispy Vegetable Fingers & Chips
'Street or World Food'	Indian Onion Bhaji Burger with Jacket Wedges 	Chicken Jollof Rice 	Vegetable & Bean Paella (Rice) 	Red Tomato Pasta Spirals 	Baked Lentil Fritter With Chips & Tomato Ketchup
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn 	Sweetcorn & Carrots 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas 	Baked Beans, British Red Tractor Garden Peas
Sandwiches, Rice & Pasta	Freshly Made Sandwich wholemeal bread with Cheddar, Tuna Mayonnaise or Ham	N/A	Freshly Made Sandwich with wholemeal bread with Cheddar, Tuna Mayonnaise or Ham	N/A	Pesto Pasta
Baked Jacket Potatoes	N/A	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	N/A	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	N/A
Dessert	Lemon Cupcake with Fruit Slices 	Chocolate Cookie & Orange Wedges 	Chocolate Crunch 'Concrete' & Chocolate Sauce or Pink Custard	Strawberry Mousse	Lemon Drizzle Cake With Custard

Portion(s) of fruit or veg

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Contains plant-based proteins

50% fruit

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