

Autumn / Winter 2024/2025 - Week One

Dates: 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



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| WEEK ONE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|--|--|--|---|
| Main Meal Option 1 | Tomato, Baked Bean & Spiral Pasta Bake | 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 2 | Cheese & Tomato Pizza with Tomato Pasta Salad | Cheese & Onion Pastry Roll with Skin on Baked Wedges | Quorn Grill with Gravy, Stuffing & Roast Potatoes | Plant-based Pasta Bolognese with Garlic Bread | Crispy Vegetable Fingers & Chips |
| Vegetables | Broccoli/Cauliflower & Carrots, Sweetcorn | Red Tractor British Peas, Baked Beans | Broccoli/Cauliflower & Carrots | Broccoli, Carrots & Cauliflower Sweetcorn | Baked Beans British Red Tractor Garden Peas |
| Sandwiches | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | | | | |
| Baked Jacket Potatoes | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise, or Cheese or Beans |
| 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: 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 with Tomato Pasta Salad  | Red Tractor Pork Sausage with Skin on Potato Wedges ½ portion & Gravy | Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes | Garlic & Tomato Chicken Pasta Spirals  | MSC Fish Fingers & Chips |
| Vegetarian Option 2 | Potato, Spinach & Cheese Toasted Wrap with Tomato Salsa  | Plant Based Sausage with Skin on Potato Wedges ½ portion & Gravy  | Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes  | Garlic & Tomato Vegetable Pasta Spirals  | Crispy Vegetable Fingers & Chips |
| Vegetables | Baked Beans or British Red Tractor Garden Peas  | Broccoli/Cauliflower & Carrots  | Broccoli/Cauliflower & Carrots, Sweetcorn  | Broccoli/Cauliflower & Carrots  | Baked Beans, British Red Tractor Garden Peas  |
| Sandwiches | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | | | | |
| Baked Jacket Potatoes | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans |
| 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



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Autumn / Winter 2024/2025 - Week Three

Dates: 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 & Potato Pie with Skin on Potato Wedges ½ portion | MSC Fish Fingers & Chips |
| Vegetarian Option 2 | Beany Shepherd's Pie  | Vegetable Lasagne with Garlic & Tomato Bread  | Quorn Grill with Gravy, Stuffing & Roast Potatoes  | Cheese, Onion & Potato Pie with Skin on Potato Wedges ½ portion | Cheese & Onion Pastry Roll |
| 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 | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | | | | |
| Baked Jacket Potatoes | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans |
| 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



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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