

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



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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 Or Roast Gammon	Red Tractor Beef Pasta Bolognese & Garlic Bread 	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese & Tomato Pizza with Tomato Pasta Salad 	Vegetable Korma Hand Pies with Sunny Vegetable Rice 	Roasted Butternut & Lentil Loaf, Roast Potatoes & Tomato Sauce 	Cheese Flan with Skin on Baked Potato Wedges 	Crispy Vegetable Fingers & Chips
Halal Option	n/a	Halal Chicken Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy and Stuffing & Roast Potatoes	Pasta Bolognese made with Red Tractor Halal Lamb or Beef & Garlic Bread 	N/A
Vegetarian Option 2 (as an alternative to Option 2)	n/a	Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant-based Pasta Bolognese with Garlic Bread 	N/A
'Street or World Food'	Butternut Squash, Chickpea & Lentil Dhal Served with Rice & Naan Bread Fingers	Vegetarian Breakfast Wrap with Skin on Baked Potato Wedges 	Homemade Lamb/Halal 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 Tractor Garden Peas
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Jollof Rice with 5 Beans or Pasta with Cheese or Tomato & Basil Sauce				
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, Salmon 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: 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 with Tomato Pasta Salad 	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes Or Roast Gammon	Garlic & Tomato Chicken Pasta Spirals 	MSC Fish Fingers & Chips
Main Meal Option 2	Potato, Spinach & Cheese Toasted Wrap with Tomato Salsa 	Cauliflower, Sweet Potato and Chickpea Curry with Mixed Rice 	Mediterranean Vegetable Tart Served with Roast Potatoes	Beany Vegetable Wrap With a side of Sunny Vegetable Rice 	Vegetable Sausage & Chips
Halal Option	N/A	Red Tractor Halal Chicken Sausage with Mashed Potatoes & Gravy	Halal Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals 	N/A
Vegetarian Option 2 (as an alternative to Option 2)	n/a	Plant Based Sausage with Mashed Potatoes & Gravy 	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes 	Garlic & Tomato Vegetable Pasta Spirals 	Crispy Vegetable Fingers & Chips
'Street or World Food'	Vegetable Biryani NOT Monday Chicken/Halal Biryani Lamb Biryani	Turkish Lamb Grill or Halal Turkish Lamb Grill with Salsa and 50/50 Rice & Skin on Wedges 	Cheese Savoury Bagel	Massaman Aubergine Curry & Rice 	Crispy Falafel Bites, Tomato Salsa served with 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, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Jollof Rice with 5 Beans or Pasta with Cheese or Tomato & Basil Sauce				
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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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 Or Roast Gammon	Beef & Potato Pie with Mash or Skin on Potato Wedges ½ portion	MSC Fish Fingers & Chips
Main Meal Option 2	Beany Shepherd's Pie 	Cheese & Tomato Pizza & Small Tomato Pasta Salad 	Roast Vegetable & Lentil Roast with Sticky Ketchup Glaze, Roast Potatoes & Gravy 	Vegetable Meatballs, Tomato Sauce & Mixed Rice 	Cheese & Onion Pastry Roll
Halal Option	n/a	Halal Lamb or Beef Lasagne with Garlic & Tomato Bread 	Roast Chicken & Gravy Stuffing and Roast Potatoes	Halal Lamb or Beef & Potato Pie with Mash or Skin on Potato Wedges ½ portion	N/A
Vegetarian Option 2 (as an alternative to Option 2)	n/a	Vegetable Lasagne with Garlic & Tomato Bread 	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Cheese, Onion & Potato 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 	Barbeque Chicken/Halal & 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 with Cheddar, Tuna Mayonnaise or Ham Jollof Rice with 5 Beans or Pasta with Cheese or Tomato & Basil Sauce				
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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