

# Autumn / Winter 2024/2025 - Week One

Dates: 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 23<sup>rd</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb, 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> Apr

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



V3ss23

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	<b>Tomato, Baked Bean &amp; Spiral Pasta Bake</b> 	<b>Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges</b>	<b>Roast Chicken with Gravy, Stuffing &amp; Roast Potatoes</b>	<b>Red Tractor Beef Pasta Bolognese &amp; Garlic Bread</b> 	<b>MSC Fish Fingers &amp; Chips</b>
Vegetarian Option	<b>Cheese &amp; Tomato Pizza with Tomato Pasta Salad</b> 	<b>Cheese &amp; Onion Pastry Roll with Skin on Baked Wedges</b>	<b>Quorn Grill with Gravy, Stuffing &amp; Roast Potatoes</b> 	<b>Cheese Flan with Skin on Baked Potato Wedges</b>	<b>Crispy Vegetable Fingers &amp; Chips</b>
Vegetables	<b>Broccoli/Cauliflower &amp; Carrots, Sweetcorn</b> 	<b>Red Tractor British Peas, Baked Beans</b> 	<b>Broccoli/Cauliflower &amp; Carrots</b> 	<b>Broccoli, Carrots &amp; Cauliflower Sweetcorn</b> 	<b>Baked Beans British Red Tractor Garden Peas</b> 
Sandwiches	<b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</b>				
Baked Jacket Potatoes	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise, Salmon Mayonnaise or Cheese or Beans</b> 
Dessert	<b>Chocolate Mousse and Orange Smiles</b> 	<b>Homemade Jam Buns &amp; Custard</b>	<b>'Hidden Fruit' (Chocolate, (Beetroot &amp; Pear) Brownie</b>	<b>Fruity Strawberry Jelly &amp; Mandarin Segments</b>	<b>Vanilla &amp; Cherry Cookie Cup &amp; Custard</b> 

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: 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 30<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr

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

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza with Tomato Pasta Salad 	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken 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 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: 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan, 17<sup>th</sup> Feb, 10<sup>th</sup> Mar, 31<sup>st</sup> Mar

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



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	<b>Cheese &amp; Tomato Pizza &amp; Small Tomato Pasta Salad</b> 	<b>Beef Lasagne with Garlic &amp; Tomato Bread</b> 	<b>Roast Chicken with Gravy, Yorkshire Pudding &amp; Roast Potatoes</b>	<b>Beef &amp; Potato Pie with Mash or Skin on Potato Wedges</b> ½ portion	<b>MSC Fish Fingers &amp; Chips</b>
<b>Vegetarian Option</b>	<b>Beany Shepherd's Pie</b> 	<b>Vegetable Lasagne with Garlic &amp; Tomato Bread</b> 	<b>Quorn Grill with Gravy, Stuffing &amp; Roast Potatoes</b> 	<b>Cheese, Onion &amp; Potato Pie with Mash or Skin on Potato Wedges</b> ½ portion	<b>Cheese &amp; Onion Pastry Roll</b>
<b>Vegetables</b>	<b>Broccoli/Cauliflower &amp; Carrots &amp; Sweetcorn</b> 	<b>Sweetcorn &amp; Carrots</b> 	<b>Broccoli/Cauliflower &amp; Carrots</b> 	<b>Baked Beans, British Red Tractor Garden Peas</b> 	<b>Baked Beans, British Red Tractor Garden Peas</b> 
<b>Sandwiches</b>	<b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</b>				
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>
<b>Dessert</b>	<b>Lemon Cupcake with Fruit Slices</b>  	<b>Chocolate Cookie &amp; Orange Wedges</b>  	<b>Chocolate Crunch 'Concrete' &amp; Chocolate Sauce or Pink Custard</b>	<b>Strawberry Mousse</b>	<b>Lemon Drizzle Cake With Custard</b>

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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