

Autumn / Winter 2024 / 2025 – Week One

Dates: 04th Nov, 25th Nov, 16th Dec, 06th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Tomato, Baked Bean & Spiral Pasta Bake 	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges 	Roast Chicken with Gravy & Roast Potatoes 	Red Tractor Beef Pasta Bolognese with Garlic Bread 	MSC Fish Fingers & Chips
Vegetarian main Meal Option	Cheese & Tomato Pizza & Garlic Bread 	Cheese & Onion Pastry Roll with Skin on Baked Wedges 	Quorn Grill with Gravy & Roast Potatoes 	Plant-based Pasta Bolognese with Garlic Bread 	Crispy Vegetable Fingers & Chips
Vegetables	Carrots & Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Green Beans/Sweetcorn 	Baked Beans, British Red Tractor Garden Peas
Pasta	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	Vanilla Ice Cream with Orange Smiles 	Homemade Jam Cake & Custard 	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie 	Fruity Strawberry Jelly & Mandarin Segments 	Vanilla & Cherry Cookie with Custard

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

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish

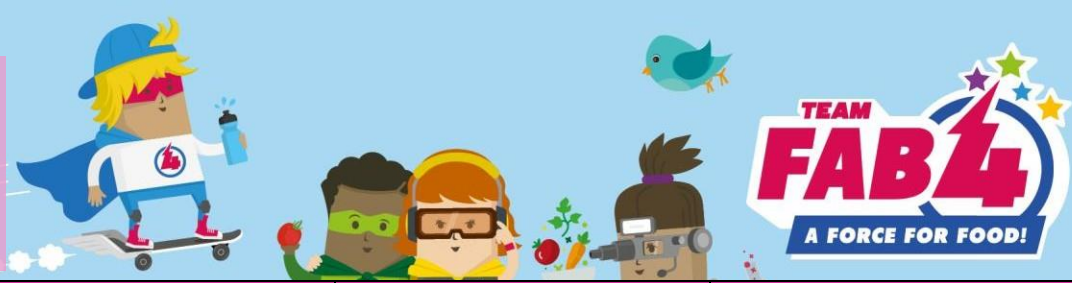


Our desserts meet Public Health England's target for 'free sugar' intake for your child.

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: 11th Nov, 02nd Dec, 23rd Dec, 13th Jan, 03rd Feb, 24th Feb, 17th Mar, 07th Apr, 28th Apr,



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Cheese & Tomato Pizza with Small Pasta Salad 	Turkish Lamb Grill with Salsa 50/50 Rice & Skin on wedges	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals 	MSC Fish Finger & Chips
Vegetarian main Meal Option	Vegetable Biryani	Cauliflower, Sweet Potato & Chickpea Curry with Mixed Rice 	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes 	Garlic & Tomato Vegetable Pasta Spirals 	Plant-based Sausage & Chips
Vegetables	Sweetcorn & Peas 	Broccoli/Cauliflower 	Country Style Mixed Veg 	Mixed Veg 	Baked Beans, British Red Tractor Garden Peas
Pasta	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 	Ice Carrot Cake with Orange Slices 	Chocolate Shortbread with Chocolate Sauce	Fruity Jelly	Chocolate Mousse & Orange Smiles

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

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.
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Autumn / Winter 2024 / 2025 – Week Three
Dates: 18th Nov, 09th Dec, 30th Dec, 20th Jan, 10th Feb, 03rd Mar, 24th Mar, 14th Apr,



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	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 ½ Portion Skin on Wedges	MSC Fish Fingers & Chips
Vegetarian main Meal Option	Beany Shepherd's Pie 	Vegetable Lasagne with Garlic & tomato Bread	Quorn grill with Gravy, Yorkshire Pudding & Roast Potatoes	Cheese, Onion & Potato Pie with ½ Portion Skin on Wedges	Cheese & Onion Pastry Roll
Vegetables	Carrots & Sweetcorn 	Country Style Mixed Vegetables 	Broccoli & Cauliflower 	Mixed Vegetables 	Baked Beans, British Red Tractor Garden Peas 
Pasta	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	Chocolate Ice cream with Pears 	Chocolate Cookie & Orange Wedges 	Strawberry Mousse	Fruity Strawberry Jelly	Lemon Drizzle Cake with Custard

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

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.