

# Autumn / Winter 2024 / 2025 – Week One

**Dates:** 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



WEEK ONE	GREEN EARTH 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
Main Meal 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 & 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, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Tomato & Basil Sauce 				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato Tuna Mayonnaise, or Cheese or Beans 
Dessert	Homemade Jam Sponge & Custard 	Chocolate Mousse and Orange Smiles 	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments 	Vanilla & Cherry Cookie Cup

**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.



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

WEEK TWO	GREEN EARTH 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 Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	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   	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, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 
Dessert	Apple & Sultana Crumble Bar Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread/ Pinwheels	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.








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# Autumn / Winter 2024 / 2025 – Week Three

Dates : 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, Salad, Fresh Bread, Fresh Fruit & Yoghurt**

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheesy Pizza	Beef Lasagne with Garlic & Tomato Bread 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Beef & Potato Pie with ½ Portion Mash or Skin on Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	<b>Loaded Wedges</b>	Vegetable Lasagne with Garlic & Tomato Bread 	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Cheese, Onion & Potato Pie with ½ Portion Mash or Skin on Potato Wedges	Cheese & Onion Pastry Roll & Chips
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 or Pasta with Tomato & Basil Sauce 				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Tuna Mayonnaise or Cheese or Beans 
Dessert	Lemon Cupcake with Fruit Slices 	Chocolate Cookie & Orange Wedges 	Chocolate Crunch 'Concrete' & Chocolate Icing	Strawberry Mousse	Lemon Drizzle Cake

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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