

# Autumn / Winter 2024 / 2025 – Week One

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



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Tomato, Cheese & Spiral Pasta Bake 	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 	Veggie 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 
Jacket Potatoes	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  
**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 Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals 	MSC Fish Fingers & Chips
Main Meal Option 2	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 
Jacket Potatoes		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




**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 Three  
**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 pasta spirals with Pizza style topping	Beef Lasagne with Garlic & Tomato Bread 	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Beef & Potato Pie with Mash <u>or</u> Skin on Potato Wedges ½ portion	MSC Fish Fingers & Chips
Main Meal Option 2	Beanie Shephard's pie	Cheese & Tomato Pizza & small pasta salad	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Vegetable Meatballs in a Tomato sauce & rice	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 
Jacket Potatoes/Pasta	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

**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.