













# 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



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

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

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 
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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

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Cheese & Tomato Pizza with Tomato Pasta Salad 	Pork Sausage with Mashed Potatoes & Gravy	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals 	Fish Fingers & Chips
<b>Vegetarian Option</b>	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
<b>Vegetables</b>	Baked Beans or Garden Peas 	Broccoli, Cauliflower & Carrots 	Broccoli, Cauliflower & Carrots, Sweetcorn 	Broccoli, Cauliflower & Carrots 	Baked Beans, Garden Peas 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheese, Tuna Mayonnaise or Ham				
<b>Baked Jacket Potatoes</b>	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
<b>Dessert</b>	Apple & Sultana Crumble Bar with Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread/Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

Available Daily: Pick & Mix Selection, 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 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



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 Mashed Potatoes</b>	<b>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 Mashed Potatoes</b>	<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, Garden Peas</b> 	<b>Baked Beans, Garden Peas</b> 
<b>Sandwiches</b>	<b>Freshly Made Sandwich with Cheese, 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>Lemon Drizzle Cake with Custard</b>	<b>Strawberry Mousse</b>

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

Portion(s) of fruit or veg 

Source of wholegrain 

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