




















# 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 & Voghurt

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	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
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 	Plant-based Sausage & Chips
Vegetables	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 
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 Mousse and Orange Smiles 	Homemade Jam Buns & Custard	Chocolate 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

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	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option 1</b>	<b>Cheese &amp; Tomato Pizza with Tomato Pasta Salad</b> 	<b>Pork Sausage with Mashed Potatoes &amp; Gravy</b>	<b>Roast Chicken with Gravy, Yorkshire Pudding &amp; Roast Potatoes</b>	<b>Garlic &amp; Tomato Chicken Pasta Spirals</b> 	<b>MSC Fish Fingers &amp; Chips</b>
<b>Vegetarian Option 2 (as an alternative to Option 2)</b>	<b>Vegetable Meatballs, Tomato Sauce &amp; Mixed Rice</b> 	<b>Plant Based Sausage with Mashed Potatoes &amp; Gravy</b>	<b>Quorn Grill with Gravy, Yorkshire Pudding &amp; Roast Potatoes</b>	<b>Garlic &amp; Tomato Vegetable Pasta Spirals</b> 	<b>Plant-based Sausage &amp; Chips</b>
<b>Vegetables</b>	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 
<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>Apple &amp; Sultana Crumble Bar with Custard</b> 	<b>Iced Carrot Cake &amp; Orange Slices</b> 	<b>Chocolate Shortbread/ Pinwheels with Chocolate Sauce</b>	<b>Toffee Cream Tart</b>	<b>Chocolate Oaty Slice</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 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	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza with Tomato Pasta Salad 	Beef Lasagne with Garlic & Tomato Bread 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Beef & Potato Pie With Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Beany Vegetable Wrap with a Side of Sunny Rice 	Vegetable Lasagne with Garlic & Tomato Bread 	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Cheese, Onion & Potato Pie and Potato Wedges	Cheese & Onion Pastry Roll & Chips
Vegetables	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 	Selection of daily vegetables 
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	Lemon Cupcake with Fruit Slices 	Chocolate Cookie & Orange Wedges 	Chocolate Crunch & Chocolate Sauce	Strawberry Mousse	Lemon Drizzle Cake with Custard

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 

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.





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.

