




























Autumn / Winter 2024/2025 - Week One

Dates: Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th 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 	Vegetable Korma Hand Pies with Sunny Vegetable Rice 	Roasted Butternut & Lentil Loaf, Roast Potatoes & Tomato Sauce 	Cheese Flan with Skin on Baked Potato Wedges 	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	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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 & Cherry Cookie Cup & Custard 	Homemade Jam Buns & Custard 	Chocolate Mousse and Orange Smiles 	Fruity Strawberry Jelly & Mandarin Segments 	'Hidden Fruit' 'Chocolate, (Beetroot & Pear) Brownie 

Available Daily: Pick & Mix Selection, Salad 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: Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr

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 	Mediterranean Vegetable Tart Served with Roast Potatoes 	Beany Vegetable Wrap with a side of Sunny Vegetable Rice 	Plant-based Sausage & 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	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham 				
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 	Iced Carrot Cake & Orange Slices 	Toffee Cream Tart 	Chocolate Shortbread/ Pinwheels with Chocolate Sauce 	Chocolate Oaty Slice 

Available Daily: Pick & Mix Selection, Salad 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 Three

Dates: Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar

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 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	Beany Shepherd's Pie 	Cheese & Tomato Pizza with Tomato Pasta Salad 	Roast Vegetable & Lentil Roast with Sticky Ketchup Glaze, Roast Potatoes & Gravy 	Vegetable Meatballs, Tomato Sauce & Mixed Rice 	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	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham 				
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 Drizzle Cake with Custard 	Chocolate Cookie & Orange Wedges 	Strawberry Mousse 	Chocolate Crunch 'Concrete' & Chocolate Sauce 	Lemon Cupcake with Fruit Slices 

Available Daily: Pick & Mix Selection, Salad 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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