## 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, 1

Available Daily: Fresh Bread, Fresh Fruit & Yoghurt

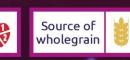




WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Tomato, Baked Bean & Spiral Pasta Bake	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Red Tractor Beef Pasta Bolognese & Garlic Bread	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese & Tomato Pizza	Vegetable Korma Hand Pies	Cheese & Onion Pastry Roll	Cheese Flan with	Crispy Vegetable Fingers
	with Tomato Pasta Salad	with Sunny Vegetable Rice	with Skin on Baked Wedges	Skin on Baked Potato Wedges	& Chips
Vegetables	Selection of daily vegetables	Selection of daily vegetables	Selection of daily vegetables	Selection of daily vegetables	Selection of daily vegetables
	& mixed fresh salad	& mixed fresh salad	& mixed fresh salad	& mixed fresh salad	& mixed fresh salad
Baguette or	Jacket Potato	Filled Baguette	Jacket Potato	Filled Baguette	Jacket Potato
Baked Jacket Potatoes	Cheese or Baked Bean	Ham	Cheese or Baked Bean	Cheese	Cheese or Baked Bean
	Chocolate Mousse	Homemade Jam Buns	Chocolate Brownie	Fruity Strawberry Jelly &	Vanilla & Cherry Cookie Cup
	and Orange Smiles	& Custard	(Beetroot & Pear)	Mandarin Segments	& Custard



Dessert





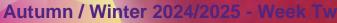


## Our desserts meet Public Health England's target for 'free sugar' intake for your child.

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.





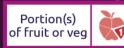


Dates: 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 30<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> Mar, 24<sup>th</sup> Mar, 14<sup>th</sup> Apr Available Daily: Fresh Bread, Fresh Fruit & Yoghurt

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	Mediterranean Vegetable Tart Served with Roast Potatoes	Plant Based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Vegetable Pasta Spirals	Plant-based Sausage & Chips
Vegetables	Selection of daily vegetables & mixed fresh salad	Selection of daily vegetables & mixed fresh salad	Selection of daily vegetables & mixed fresh salad	Selection of daily vegetables & mixed fresh salad	Selection of daily vegetables & mixed fresh salad

Baguette or Baked Jacket Potatoes	Jacket Potato Cheese or Baked Bean	Filled Baguette Ham	Jacket Potato Cheese or Baked Bean	Filled Baguette Cheese	Jacket Potato Cheese or Baked Bean
Dessert	Apple & Sultana Crumble Bar with Custard	Iced Carrot Cake & Orange Slices	Chocolate Shortbread with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

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: Fresh Bread, Fresh Fruit & Yoghurt





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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.



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	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 <u>or</u> Skin on Potato Wedges	MSC Fish Fingers & Chips
	Main Meal Option 2	Beany Shepherd's Pie	Cheese & Tomato Pizza with Tomato Pasta Salad	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetable Meatballs, Tomato Sauce & Mixed Rice	Cheese & Onion Pastry Roll & Chips
	Vegetables	Selection of daily vegetables & mixed fresh salad	Selection of daily vegetables & mixed fresh salad	Selection of daily vegetables & mixed fresh salad	Selection of daily vegetables & mixed fresh salad	Selection of daily vegetables & mixed fresh salad
	Baguette or Baked Jacket Potatoes	Jacket Potato Cheese or Baked Bean	Filled Baguette Ham	Jacket Potato Cheese or Baked Bean	Filled Baguette Cheese	Jacket Potato Cheese or Baked Bean
	Dessert	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch 'Concrete' & Pink Custard	Strawberry Mousse	Lemon Drizzle Cake with Custard
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Por of fru	rtion(s) uit or veg	Source of wholegrain Conta	based 🗸 🖌 50%	oily intake	For your child. ed fruit and vegetable portion sizes are calculat Food Standards. On average our desserts do nu d of a child's recommended 'free sugar' intake.	

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