













# 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: Fresh Bread, Fresh Fruit & Yoghurt



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	Butternut Squash, Chickpea & Lentil Dhal with Rice & Naan Bread Fingers 	Plant based sausage with mashed potatoes and gravy	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant-based Pasta Bolognese & Garlic Bread 	Crispy Vegetable Fingers & Chips
Blue Option	Cheese Baguette Picnic Box	Jacket Potato with Cheese & Baked Beans	Egg Mayonnaise Baguette Picnic Box	Cheese & Tomato Bake	Jacket Potato with Cheese & Baked Beans
Vegetables	Gren Beans & Sweetcorn 	British Peas, Baked Beans 	Peas, Cabbage & Carrots 	Broccoli & Sweetcorn 	Baked Beans British Garden Peas 
Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Vanilla & Cherry Cookie Cup & Custard	Fruity Strawberry Jelly & Mandarin Segments 

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, 1-4<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 	Pork Sausage with Mashed Potatoes & Gravy	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals 	Fish Fingers & Chips
Main Meal Option 2	Crispy Vegetable Fingers & Chips	Plant Based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Beany Vegetable Wrap with a side of Rice 	Plant-based Sausage & Chips
Blue Option	Jacket Potato with Cheese & Baked Beans	Cheese Baguette Picnic Box	Tomato Pasta	Tuna Baguette Picnic Box	Jacket Potato with Tuna or Baked Beans
Vegetables	Baked Beans or British Red Tractor Garden Peas 	Broccoli/Cauliflower & Carrots 	Peas, Cabbage & Carrots 	Sweetcorn & Carrots 	Baked Beans, British Red Tractor Garden Peas 
Dessert	Apple & Sultana Crumble Bar with Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread & 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



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## 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	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	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 	Baked Lentil Fritter with Chips 
Blue Option	Jacket Potato with Baked Beans & Cheese	Falafel Bites with salad & Rainbow CousCous	Ham Baguette Picnic Box	Cheese & Onion Pastry Roll With skin on wedges	Tomato Pasta
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn 	Sweetcorn & Carrots 	Mixed Vegetables & Cabbage 	Baked Beans, Broccoli & Carrots 	Baked Beans, British Red Tractor Garden Peas 
Dessert	Lemon Drizzle Cake with Custard	Chocolate Cookie & Orange Wedges 	Strawberry Mousse	Chocolate Crunch & Pink Custard	Lemon Cupcake with Fruit Slices 

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.

