

Autumn / Winter 2024 / 2025 – Week One

Dates: 11th 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 	Plant-based Pasta Bolognese & Garlic Bread 	Crispy Vegetable Fingers & Chips
Vegetables	Carrots & Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli & Carrots 	Cauliflower & Sweetcorn 	Baked Beans British Red Tractor Garden Peas
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Tomato & Basil Sauce				
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	Chocolate Mousse	Homemade Jam Buns & Custard	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Strawberry Jelly	Vanilla & Cherry Cookie Cup & Custard

Available Daily: Pick & Mix Selection, Salad & Fresh Fruit

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: 28th Oct, 18th 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 Chicken 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	Plant Based Sausage with mashed potatoes & Gravy	Mediterranean Vegetable Tart Served with Roast Potatoes	Garlic & Tomato Vegetable Pasta Spirals 	Plant-based Sausage & Chips
Vegetables	Baked Beans or British Red Tractor Garden Peas 	Cauliflower & Sweetcorn 	Broccoli & Carrots 	Cauliflower & Sweetcorn 	Baked Beans, British Red Tractor Garden Peas 
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Tomato & Basil Sauce				
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	Chocolate Shortbread/ Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

Available Daily: Pick & Mix Selection, Salad & Fresh Fruit

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: 4th 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 Skin on Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Beany Shepherd's Pie	Vegetable Lasagne with Garlic & Tomato Bread	Roast Vegetable & Lentil Roast with Sticky Ketchup Glaze, Roast Potatoes & Gravy	Vegetable Meatballs, Tomato Sauce & Mixed Rice	Cheese & Onion Pastry Roll & Chips
Vegetables	Broccoli & Sweetcorn	Peas & Carrots	Cauliflower & Sweetcorn	Broccoli & Carrots	Baked Beans, British Red Tractor Garden Peas
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Tomato & Basil Sauce				
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	Chocolate Cookie	Chocolate Crunch 'Concrete' & Pink Custard	Strawberry Mousse	Lemon Drizzle Cake with Custard

Available Daily: Pick & Mix Selection, Salad & Fresh Fruit

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.