


# Autumn Winter Menu 2024/25



## WEEK THREE


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.

WEEK THREE	GREEN EARTH MONDAY	TUESDAY Street Food/Favourites	WEDNESDAY Roast	THURSDAY Pasta Plus	FRIDAY Chippy Day
MEAT Main Meal Option 1	Macaroni Cheese	Beef Lasagne with Garlic & Tomato Bread 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Beef & Potato Pie with Mash or Skin on Potato Wedges ½ portion	MSC Fish Fingers & Chips
VEGETARIAN Main Meal Option 2	Beany Shepherd's Pie 	Cheese & Tomato Pizza & Small Tomato Pasta Salad 	Quorn Roast 	Vegetable Meatballs, Tomato Sauce & Mixed Rice 	Cheese & Onion Pastry Roll & Chips
Pasta	Pasta with tomato sauce or Pasta with cheese	Pasta with tomato sauce or Pasta with cheese	Pasta with tomato sauce or Pasta with cheese	Pasta with tomato sauce or Pasta with cheese	Pasta with tomato sauce or Pasta with cheese
Jacket or Sandwiches	Jacket Potato	Choice of Sandwich Ham or Cheese	Choice of Sandwich Ham or Cheese	Choice of Sandwich Ham or Cheese	Jacket Potato
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn 	Sweetcorn & Carrots 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas 	Baked Beans, British Red Tractor Garden Peas 
Dessert	Lemon Cupcake with Fruit Slices 	Chocolate Cookie & Orange Wedges 	Chocolate Crunch 'Concrete' & Chocolate Sauce or Pink Custard	Strawberry Mousse	Lemon Drizzle Cake With Custard

Available Daily: Pick & Mix Selection of 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.