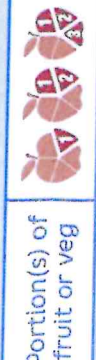




WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Tomato, baked bean & spiral pasta bake	Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Red Tractor Beef Pasta Bolognese & Garlic Bread	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese & Tomato Pizza With Tomato pasta	Cheese & onion pastry roll with Skin on wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetarian Pasta Bolognaises with Garlic Bread	Crispy Vegetable Fingers & Chips
Vegetables	Peas & Sweetcorn	Peas & Baked Beans	Broccoli/Cauliflower & Carrots	Carrots & Sweetcorn	Baked Beans & Garden Peas
Baked Jacket Potatoes	Cheese Sandwich	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Hot roast Chicken Barm	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Fish finger sandwich
Dessert	Chocolate Mousse and Orange Smiles	Homemade Jam Buns & Custard	Chocolate Brownie	Fruity Strawberry Jelly & Mandarin Segments	Vanilla cup cake

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



Source of wholegrain

Contains plant-based proteins

50% fruit

Oily fish

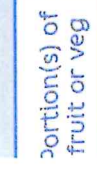
Our desserts meet Public Health England's target for 'free sugar' intake for your child.

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 - 3



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, Cheese Spinach toasted wrap	Plant Based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Beany Vegetable wrap with Rice	Crispy Vegetable fingers & Chips
Vegetables	Garden Peas & sweetcorn	Broccoli & Carrots	Broccoli/Cauliflower & Carrots, Sweetcorn	Sweetcorn & Carrots	Baked Beans, and Garden Peas
Baked Jacket Potatoes	Cheese Sandwich	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Hot roast Gammon Barm	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Fish finger wrap
Dessert	Apple & Sultana Crumble with Custard	Iced Carrot Cake & Orange Slices	Chocolate Shortbread/Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice



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.



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

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese and Tomato Pizza and Pasta	Beef Lasagne with Garlic & Tomato Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Beef & Potato Pie with Mash	MSC Fish Fingers & Chips
Main Meal Option 2	Cheesy Pasta with Pizza style topping	Vegetable Lasagne with Garlic & Tomato Bread	Quorn grill with Gravy stuffing and Roast Potatoes	Veggie meatballs, Tomato sauce & mixed rice	Crispy Vegetable Fingers & Chips
Vegetables	Carrots & Sweetcorn	Sweetcorn and Broccoli	Broccoli/Cauliflower & Carrots	Baked Beans, Garden Peas	Baked Beans, Or Peas
Baked Jacket Potatoes	Cheese sandwich	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Hot Roast Chicken Barm	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Fish finger sandwich
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

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

Portion(s) of fruit or veg

Source of wholegrain

Contains plant-based proteins

50% fruit

Oily fish

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.