

















Spring 2024 / 2025 – Week One
Dates: 20th Jan, 10th Feb, 3rd Mar, 24th Mar



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza with Tomato Pasta Salad 	Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Pasta Bolognese made with Red Tractor Beef & Garlic Bread 	MSC Fish Fingers & Chips
Main Meal Option 2	Veggie Fingers & Potato Wedges 	Vegetable Korma with Sunny vegetable rice	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant based Pasta Bolognese with Garlic Bread 	Crispy Vegetable Nuggets & Chips
Vegetables	Carrots & Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Mixed Vegetables 	Baked Beans, British Red Tractor Garden Peas 
Sandwiches		Ham, Cheese or Tuna		Ham, Cheese or Tuna	
Baked Jacket Potatoes & Pasta	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese	Jacket Potato with Cheesy Beans, Tuna Mayonnaise, Salmon Mayonnaise or Cheese or Beans 
Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments 	Ice Cream 

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

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.

Spring 2024 / 2025 – Week Two

Dates: 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar



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	All Day Breakfast	Chicken Nuggets & Chips
Main Meal Option 2	Potato & Cheese toasted Wrap with Tomato Salsa 	Cauliflower & Sweet Potato Curry With Mixed Rice	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Veggie All Day Breakfast	Crispy Vegetable Fingers & Chips
Vegetables	Baked Beans or British Red Tractor Garden Peas 	Broccoli/Cauliflower & Carrots 	Broccoli/Cauliflower & Carrots, Sweetcorn 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas 
Sandwiches		Ham, Cheese or Tuna		Ham, Cheese or Tuna	
Baked Jacket Potatoes & Pasta	Pasta with Cheese	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese
Dessert	Apple & Sultana Crumble Bar with Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread/ Pinwheels with Chocolate Sauce	Flapjack	Ice Cream

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

Portion(s) of fruit or veg



Source of wholegrain



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50% fruit



Oily fish


















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2024 / 2025 – Week Three
Dates: 13th Jan, 3rd Feb, 24th Feb, 17th Mar



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza with Tomato Pasta Salad 	Meatballs and garlic bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Chicken Curry & Rice	MSC Fish Fingers & Chips
Main Meal Option 2	Beany Shepherd's Pie 	Vegetable Lasagne with Garlic & Tomato Bread 	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes 	Vegetable Meatballs, Tomato Sauce & Mixed Rice 	Veggie Fingers & Chips
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn 	Sweetcorn & Carrots 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas 	Baked Beans, British Red Tractor Garden Peas 
Sandwiches		Ham, Cheese or Tuna		Ham, Cheese or Tuna	
Baked Jacket Potatoes & Pasta	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Pasta with Cheese	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 
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, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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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.