

Autumn Winter 2024/25 Menu Information

Menu Key

Freshly Made on Site from Scratch by our brilliant Catering Teams

Added Plant Protein (50% of the Protein in the Dish comes from Plant Based Sources)

Vegan Option

A Source of Wholemeal Carbohydrates

At Least 50% of the Dessert is Fruit

Red Tractor Assured British Meat

MSC Certified Sustainable Seafood

Meets Government Free Sugar Recommendations for a School Lunch (6.5g free sugar or less)



Food for Life Served Here (FFLSH) is an independent accreditation which we have been awarded year-on-year since 2009, and our Silver award shows our food is fresh, local, sustainable and ethical. To gain accreditation you must get points from the FFLSH standards, meaning local meat is Red Tractor assured, eggs are free range, and we only serve sustainably sourced fish, such as MSC. The standards also demonstrate our menus use less ultra-processed foods and no unwanted additives or sweeteners, focusing more on fresh and homemade dishes that our customers will enjoy. Read more about the FFLSH award here - [Food for Life Served Here - Food for Life](#)

Our recipes all meet the School Food Standard portion sizes, meaning pupils are getting the right requirements for their age. We provide visual portion size training resources for our kitchen teams. We also offer unlimited vegetables, salads and bread for any pupils who may need a bit extra food that day!

We do not serve any chocolate or confectionary within our school meals, as per the School Food Standards. Our 'chocolate' desserts contain only cocoa powder.






























As per the School Food Standards we do not add salt to any of our meals. We also work with suppliers to ensure we are working together to meet the government's salt reduction targets.

The average daily free sugar content of this menu is 4.2g, well under the government recommendation of 6.5g!

All of our menus meet the School Food Standards, meaning our menus are balanced, nutritious and contain lots of healthy foods! Read more about the School Food Standards here - [Homepage - School Food Plan](#)



































WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>NEW Tomato and Vegetable Pasta Penne Pasta with Roasted Vegetables (Mixed Peppers, Butternut Squash, Sweet Potato and Carrots) with a Homemade Tomato and Lentil Sauce</p> <p> </p>	<p>Cottage Pie with Gravy Red Tractor Accredited Beef Mince and Brown Lentil sauce topped with Mashed Potato</p> <p> </p>	<p>NEW Peri Peri or BBQ Chicken with Diced Seasoned Potatoes and Sweetcorn Salsa Red Tractor Accredited Chicken with a choice of a Peri Peri or BBQ seasoning, served with Seasoned Potatoes and Sweetcorn Salsa</p> <p> </p>	<p>Chicken Meatballs in Tomato Sauce with Rice Red Tractor Accredited Chicken and Sweetcorn Meatballs in a Homemade Tomato Sauce Served with 50/50 Wholemeal Rice</p> <p> </p>	<p>Fishfingers, Chips and Tomato Sauce Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips & Tomato Ketchup</p> <p></p>
<p>Mexican Fajitas with Rice A Mix of Smokey Paprika, Black Beans, Peppers, Onions and Carrots in Tortillas Served with 50/50 Wholemeal Rice.</p> <p> </p>	<p>NEW Creamy Chickpea and Coconut Curry with Rice A Mild Creamy Coconut Curry with Chickpeas Served with 50/50 Wholemeal Rice</p> <p> </p>	<p>Peri Peri or BBQ Quorn with Diced Seasoned Potatoes and Sweetcorn Salsa Vegan Quorn Fillet marinated in either a mild Peri Peri or BBQ Seasoning, served with Seasoned Potatoes and Sweetcorn Salsa</p> <p> </p>	<p>NEW Cheese and Broccoli Pasta with Garlic Bread Pasta in a Homemade Cheddar Cheese White Sauce with Broccoli, Served with A Garlic and Herb Flavored 50/50 Wholemeal Bread</p> <p></p>	<p>Mexican Bean Roll with Chips and Tomato Sauce Phat Pasty Mexican Bean Roll (which contains Sweet Potato, Chickpeas, Kidney Beans, Peppers and Onions) Served with Oven Baked Chips & Tomato Ketchup</p> <p> </p>
<p>Each day we serve a choice of two vegetables such as Carrots, Broccoli, Cauliflower, Sweetcorn, Peas, Baked Beans, Green Beans, Cabbage, Peppers. We also serve a daily salad selection for pupils to help themselves to.</p>				
<p>Apple and Blackberry Crumble with Custard Homemade Apple and Blackberry Crumble with an Oaty Topping, Served with Custard</p> <p>  </p>	<p>Melting Moment Biscuit A Homemade Soft Cookie Made With Oats, Flour, Egg and Sugar</p> <p> </p>	<p>Fruit Platter A selection of Apple, Orange, Melon and Pineapple</p> <p> </p>	<p>Carrot and Courgette Cake Homemade Carrot and Courgette Sponge Cake</p> <p> </p>	<p>Chocolate Orange Cookie Homemade Chocolate Cookie with the Zest of Fresh Oranges</p> <p> </p>





























This information should not be used to manage allergies or intolerances as not all ingredients may be listed out. Please let us know if your child has an allergy or intolerance.

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Classic Cheese and Tomato Pizza with Potato Wedges Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree and Oregano) Served with New Potatoes</p>  	<p>NEW Chicken Pasta Bake with Garlic Bread Pasta in a tomato sauce with Red Tractor Accredited Chicken baked in the oven, Served with A Garlic and Herb Flavored 50/50 Wholemeal Bread</p>  	<p>Sausages, Mash and Gravy Red Tractor Accredited Pork or Chicken Sausages served with Homemade Roasted Potatoes and Gravy</p> 	<p>Chicken Tikka Masala with Rice Red Tractor Accredited Chicken with Lentils in a Homemade Mild Tika Masala Sauce Served with 50/50 Wholemeal Rice</p>  	<p>NEW Tuna Pasta Bake or Fishfingers with Chips and Tomato Sauce A choice of Pasta in a Homemade Cheddar Cheese White Sauce with Tuna and Sweetcorn or Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips & Tomato Ketchup</p> 
<p>Rainbow Pizza with Potato Wedges Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce Topped with Carrots, Peppers, Onion and Sweetcorn, Served with Baked Potato Wedges</p>  	<p>Chinese Vegetable Curry with Rice A Chinese Spiced Curry with Roasted Vegetables (Sweet Potato, Carrot, Peppers, Swede, Courgettes) With and Brown Lentils and Black Beans Served with 50/50 Wholemeal Rice</p>  	<p>Vegan Sausages, Mash and Gravy Devils Kitchen Vegan Sausage Served with Homemade Roasted Potatoes, and Vegan Gravy</p>  	<p>NEW Mild Mexican Chilli with Rice Vegan Soya Mince in a Mild Smoked Paprika Homemade Tomato Sauce with Kidney Beans, Served with 50/50 Wholemeal Rice</p>  	<p>Cheese and Tomato Quiche with Chips and Tomato Sauce Cheese and Tomato Quiche made with a Homemade Wholemeal Base with Oven Baked Chips & Tomato Ketchup</p>  
<p>Each day we serve a choice of two vegetables such as Carrots, Broccoli, Cauliflower, Sweetcorn, Peas, Baked Beans, Green Beans, Cabbage, Peppers. We also serve a daily salad selection for pupils to help themselves to.</p>				
<p>Marble Sponge Cake with Custard Homemade Vanilla and Cocoa Flavored Sponge Cake Rippled Together Served with Chocolate Sauce</p>  	<p>Jelly with Mandarins Strawberry Jelly served with Mandarins</p>   	<p>Fruit Medley A selection of Pineapple, Mandarin, Peach, Apple and Orange</p>   	<p>Peach Upside Down Cake A Homemade Vanilla Sponge Cake with Tinned Peaches On Top</p>   	<p>Oaty Cookie An Oaty Cookie made from Oats, Wholemeal Flour and Self-Raising Flour</p>   

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WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Macaroni Cheese Homemade Classic Macaroni Cheese, made with Cheddar Cheese</p> <p></p>	<p>NEW Mild Caribbean Chicken with Rice and Peas Red Tractor Accredited Chicken Thigh marinated in a Mild Caribbean Seasoning, Served with Rice and Peas/Kidney Beans</p> <p> </p>	<p>Roast of the Day with Stuffing, Roast Potatoes and Gravy Red Tractor Accredited Meat (either Chicken, Gammon, Turkey or Beef), Served With Homemade Roast Potatoes and Vegan Gravy</p> <p> </p>	<p>Spaghetti Bolognese Red Tractor Accredited Beef Mince and Brown Lentil Bolognese Sauce Served with Spaghetti</p> <p> </p>	<p>Breaded Fish, Chips and Tomato Sauce Oven Baked Youngs MSC Accredited Breaded Pollock Fillet with Oven Baked Chips & Tomato Ketchup</p> <p></p>
<p>Plant Balls in Tomato Sauce with Rice Devils Kitchen Vegan Plant Balls in a Homemade Tomato Sauce Served with 50/50 Wholemeal Rice</p> <p>  </p>	<p>NEW Caribbean Butterbean Stew with Rice and Peas Mild Caribbean flavored Stew with Butterbeans and Seasonal Vegetables (Butternut Squash, Carrots, Sweet potato) Served with 50/50 Wholemeal Rice</p> <p> </p>	<p>Vegetarian Cottage Pie with Gravy Vegan Mince in a Tomato Sauce with Onions, Carrots, Peas and Mixed Herbs, topped with Mashed Potato</p> <p> </p>	<p>NEW Hot Pot Baked Bean Casserole with Rice Devils Kitchen Vegan Sausage with Baked Beans in a Smokey Paprika Tomato Sauce, Topped with Sliced Potatoes</p> <p>  </p>	<p>Cheese and Pepper Frittata, Chips and Tomato Sauce Homemade Baked Cheddar Cheese and Red Pepper Frittata with Oven Baked Chips and Tomato Ketchup</p> <p></p>
<p>Each day we serve a choice of two vegetables such as Carrots, Broccoli, Cauliflower, Sweetcorn, Peas, Baked Beans, Green Beans, Cabbage, Peppers. We also serve a daily salad selection for pupils to help themselves to.</p>				
<p>Chocolate and Beetroot Brownie A Chocolate Brownie made with Hidden Beetroot and Cocoa Powder</p> <p> </p>	<p>Sticky Toffee Apple Crumble with Custard Homemade Sticky Toffee Apple Crumble with a Oaty Topping, Served with Custard</p> <p> </p>	<p>Freshly Chopped Fruit Salad A selection of Apple, Orange, Melon, Mandarin and Pear</p> <p> </p>	<p>NEW Savoury Cheese Scone A Homemade Savoury Scone Made with Cheddar Cheese</p> <p></p>	<p>Vanilla Shortbread Homemade Vanilla flavored Shortbread</p> <p> </p>

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