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)











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!





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.

low sugar



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

> 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

All of our menus meet the

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



WEEK ONE

MONDAY

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



Mexican Fajitas with Rice

A Mix of Smokey Paprika, Black Beans, Peppers, Onions and Carrots in Tortillas Served with 50/50 Wholemeal Rice.



TUESDAY

Cottage Pie with Gravy

Red Tractor Accredited Beef Mince and Brown Lentil sauce topped with Mashed Potato



CERTIFIED STANDARDS

NEW Creamy Chickpea and Coconut Curry with Rice

A Mild Creamy Coconut Curry with Chickpeas Served with 50/50 Wholemeal Rice





WEDNESDAY

NEW Peri Peri or BBQ Chicken with Diced Seasoned Potatoes and Sweetcorn Salsa **Red Tractor Accredited** Chicken with a choice of a STANDARDS Peri Peri or BBQ seasoning, served with Seasoned Potatoes and Sweetcorn Salsa



Meatballs in a

Rice

made site

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

Quorn

vegan

Pasta in a Homemade Cheddar Cheese White Sauce with Broccoli, Served with A Garlic and Herb Flavored 50/50 Wholemeal Bread

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.



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.





THURSDAY

Chicken Meatballs in **Tomato Sauce with Rice Red Tractor Accredited**



Chicken and Sweetcorn

Homemade Tomato Sauce Served

with 50/50 Wholemeal



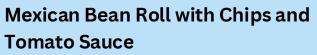
NEW Cheese and Broccoli Pasta with Garlic Bread



FRIDAY

Fishfingers, Chips and **Tomato Sauce**

Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips & Tomato Ketchup



Phat Pasty Mexican Bean Roll (which contains Sweet Potato, Chickpeas, Kidney Beans, Peppers and Onions) Served with

Oven Baked Chips & Tomato Ketchup



Carrot and Courgette Cake

Homemade Carrot and Courgette

Chocolate Orange Cookie

Homemade Chocolate Cookie with the Zest of Fresh Oranges









MONDAY	TUESDAY	WEDNESDAY	
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	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	Sausages, Mash and GravyRed TractorAccreditedPork or ChickenSausages servedwith HomemadeRoasted Potatoes and Gravy	Chicken Red Trac Chicken Homema Masala S with 50/5
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	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	Vegan Sausages, Mash and GravyDevils Kitchen Vegan Sausage Served with Homemade Roasted Potatoes, and Vegan Gravy	NEW Mil Vegan S Smoked Tomato S Served v
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Marble Sponge Cake with Custard Homemade Vanilla and Cocoa Flavored Sponge Cake Rippled Together Served with Chocolate Sauce	Jelly with Mandarins Strawberry Jelly served with Mandarins	Fruit Medley A selection of Pineapple, Mandarin, Peach, Apple and Orange	Peach U A Homer Cake wit

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THURSDAY

n Tikka Masala with Rice

actor Accredited en with Lentils in a 櫡 nade Mild Tika Sauce Served /50 Wholemeal Rice





lild Mexican Chilli with Rice

Soya Mince in a Mild d Paprika Homemade o Sauce with Kidney Beans, with 50/50 Wholemeal Rice



FRIDAY

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

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



, Baked Beans, Green Beans, Cabbage, Peppers. elves to.

Upside Down Cake

emade Vanilla Sponge vith Tinned Peaches On Top



Oaty Cookie

An Oaty Cookie made from Oats, Wholemeal Flour and Self-Raising Flour





MONDAY

Macaroni Cheese

Homemade Classic Macaroni Cheese, made with Cheddar Cheese



Plant Balls in Tomato Sauce with Rice

Devils Kitchen Vegan Plant Balls in a Homemade Tomato Sauce Served with 50/50 Wholemeal Rice



TUESDAY

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

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





WEDNESDAY

Roast of the Day with Stuffing, **Roast Potatoes and Gravy** 00 **Red Tractor Accredited** Meat (either Chicken, CERTIFIED STANDARDS Gammon, Turkey or Beef), Served With Homemade made Roast Potatoes and Vegan Gravy

Vegetarian Cottage Pie with Gravy

Vegan Mince in a Tomato Sauce with Onions, Carrots, Peas and Mixed Herbs, topped with Mashed Potato





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NEW Savoury Cheese Scone Chocolate and Beetroot Brownie Sticky Toffee Apple Crumble with Freshly Chopped Fruit Salad A Homemade Savoury Scone A Chocolate Brownie made with Custard A selection of Apple, Orange, Made with Cheddar Cheese Homemade Sticky Toffee Apple Melon, Mandarin and Pear Hidden Beetroot and Cocoa Crumble with a Oaty Topping, Powder Served with Custard low sugar

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THURSDAY

Spaghetti Bolognaise

Red Tractor Accredited Beef Mince and Brown Lentil Bolognaise Sauce Served with Spaghetti

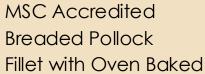


Sauce



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



Oven Baked Youngs



Cheese and Pepper Frittata, Chips and Tomato Sauce

FRIDAY

Breaded Fish, Chips and Tomato

Homemade Baked Cheddar Cheese and Red Pepper Frittata with Oven Baked Chips and Tomato Ketchup



Vanilla Shortbread Homemade Vanilla flavored Shortbread



