# **Spring Summer 2025 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!



CERTIFIE

low sugar

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.





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

> 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

The average daily free sugar content of this menu is 3.8g, well under the government recommendation of 6.5g!

# WEEK ONE

#### MONDAY **TUESDAY** WEDNESDAY Pork or Chicken Sausage, Roast **BBQ Chicken Pizza with Salads** Macaroni Cheese Potatoes & Gravy Homemade 50/50 Wholemeal Homemade Classic Macaroni **Red Tractor Accredited** Cheese, made with Cheddar Base topped With CERTIFIED STANDARDS Chicken or Pork Sausage Cheese and served with Toppings: **Red Tractor Accredited** served with Chicken, Cheddar Cheese Peri Peri Crushed Nachos or Garlic CERTIFIED Homemade Roasted & Herb Croutons and a Homemade Potatoes and Vegan Gravy Tomato Sauce Served made with Fresh Salads Mild Mexican Chilli with Rice **Tomato and Lentil Pasta** Roast Quorn Fillet with Roast Vegan Soya Mince in a Mild **Potatoes and Gravy** Pasta in a Homemade blend of Tomato, Sweet Potato, Lentil and Smoked Paprika Homemade Vegan Quorn Fillet served with Homemade Roasted Tomato Sauce with Kidney Beans, Mixed Herb sauce served with Toppings: Peri Peri Crushed Served with 50/50 Wholemeal Rice Potatoes and Vegan Nachos, Garlic & Herb Gravy Croutons, made Quorn vegan vegan Cheese or 'site vegan Vegan Sheese 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. **Apple Flapjack** Summer Lemon Cake **Fruit Platter** A selection of Apple, Orange, A Homemade Lemon Sponge

Homemade Apple Flapjack made with Oats, Golden Syrup and Cake Apples



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.

low sugar

Melon and Pineapple

vegan



# THURSDAY

Spaghetti Bolognaise

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





#### NEW Chef's Special – Chickpea **Curry with Rice**

A Creamy Coconut Curry Made with Chickpeas and Spinach Served with 50/50 Wholemeal Rice



# FRIDAY

Pollock or Salmon Fishfingers, Chips and **Tomato Sauce** Oven Baked Youngs MSC Accredited Pollock



Fishfingers or Salmon Fishfinger with Oven Baked Chips & Tomato Ketchup

### **Cheese and Bean Pasty with Chips** and Tomato Sauce

Homemade Cheddar Cheese and Reduced Sugar & Salt Baked Bean Pasty Served with

Oven Baked Chips & Tomato Ketchup



#### **Savoury Cheese Scone**

A Homemade Savoury Scone Made with Cheddar Cheese

**Strawberry Jelly with Mandarins** Vegan Strawberry Flavoured Jelly with Mandarins



# WFFK TWO

MONDAY	TUESDAY	WEDNESDAY	
Lentil and Sweet Potato Curry with Rice Homemade Lentil and Sweet Potato Mild Curry with 50/50 Wholemeal Rice	Pork or Chicken Hot Dog with Wedges and Tomato Sauce Red Tractor Accredited Pork or Chicken Sausage Served in a White Hot Dog Bun with Baked Potato Wedges and Tomato Ketchup	Roast of the Day with Stuffing, Roast Potatoes and Gravy Red Tractor Accredited Meat (either Chicken, Gammon, Turkey or Beef) Served With Stuffing, Homemade Roast Potatoes and Vegan Gravy	Chef's S Chickpe Red Trac Chicker in a Milo Korma S 50/50 W
Cheese and Tomato Pizza with Salads Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree, Oregano) Served with Summer Salads	Vegan Hot Dog with Wedges and Tomato Sauce Devils Kitchen Vegan Sausage Served in a White Hot Dog Bun with Baked Potato Wedges and Tomato Ketchup	Lentil and Vegetable Soya Roast with Stuffing, Roast Potatoes and Gravy Homemade Lentil and Soya Mince Loaf Served With Stuffing, Homemade Roast Potatoes and Vegan Gravy	Spaghet Devil's K a Home Spaghe
Each day we serve a choice of two vegetables such as Carrots, Broccoli, Cauliflower, Sweetcorn, Peas, We also serve a daily salad selection for pupils to help themsel			
Iced Vanilla Sponge	NEW Strawberry and Apple	reshly Chopped Fruit Salad	Peaches



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# THURSDAY

#### Special - Chicken and bea Korma with Rice

actor Accredited en and Chickpeas ild and Creamy Sauce served with Wholemeal Rice



made

# **FRIDAY**

#### **Battered Fish with Chips and Tomato Sauce**

Oven Baked Youngs MSC Accredited Breaded Pollock Fillet with Oven Baked Chips & Tomato Ketchup



#### etti and Meatballs

Kitchen Vegan Meatballs in nemade Tomato Sauce with etti Pasta

### Cheese and Tomato Quiche with **Chips and Tomato Sauce**

Cheese and Tomato Quiche made with a Homemade Base with Oven Baked Chips & Tomato Ketchup





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

#### es and Ice Cream

Vanilla Ice Cream serve with Tinned Peaches

## Vanilla Shortbread Homemade Vanilla flavored



Shortbread made



made with Cocoa Powder and Tinned Pears

Orange

A Homemade Light Vanilla Flavoured Sponge Topped with a Thin Layer of Strawberry Jam and Coconut Shavings

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sugar vegal

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## THURSDAY

#### **NEW Greek Macaroni Pastitsio** with Greek Salad and Tzatziki

Red Tractor Accredited Minced Beef and Lentil Sauce Layered on Macaroni Cheese, with Greek Salad (Cucumber, Red Onion, Tomato) and Tzatziki (Yoghurt, Mint



#### **Spinach and Cheese Whirl with** Rice, Greek Salad and Tzatziki

Cheese, Spinach, Aubergine and Sweet Potato in a Puff Pastry Swirl, with 50/50 Wholemeal Rice, Greek

Onion, Tomato) and Tzatziki (Yoghurt, Mint



## **FRIDAY**

#### **Breaded Fish, Chips and Tomato**

#### Sauce

Oven Baked Youngs MSC Accredited Breaded Pollock Fillet with Oven Baked Chips & Tomato Ketchup



### All Day Vegetarian Breakfast

Devils Kitchen Vegan Sausage, Homemade Scrambled Eggs, Reduced Sugar and Salt Baked Beans and Mini Hash Browns



#### Jam and Coconut Sponge

#### **Oaty Cookie**

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

