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Autumn / Winter 2024/2025 - Week One

Dates: 04th Nov, 25th Nov, 16th Dec, 06th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar, 21st Apr,



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

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza with Tomato Pasta Salad 	Chicken Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Pasta Bolognese made with Red Tractor Lamb & Garlic Bread 	MSC Fish Fingers & Chips
Main Meal Option 2	Tomato, Baked Bean & Spiral Pasta Bake 	Cheese & onion Pastry Roll, with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Plant-based Pasta Bolognese & Garlic Bread 	Crispy Vegetable Fingers & Chips
Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	Baked Beans, British Red Tractor Garden Peas 
Sandwiches/Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise Pasta with Cheese or Tomato Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayonnaise, Salmon Mayonnaise or Cheese or Beans 
Dessert	Chocolate Mousse & Orange Smiles 	Homemade Jam Buns & Custard	'Hidden Fruit 'Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments 	Vanilla & Cherry Cookie Cup & Custard

Portion(s)
of fruit or veg



Source of
wholegrain



Contains
plant-based
proteins



50%
fruit



Oily
fish



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.



















FIRS FARM PRIMARY SCHOOL

Autumn / Winter 2024/2025 - Week Two

Dates: 11th Nov, 02nd Dec, 23rd Dec, 13th Jan, 03rd Feb, 24th Feb, 17th Mar, 07th Apr, 28th Apr,



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

WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheese & Tomato Pizza with Tomato Pasta Salad 	Red Tractor Chicken Sausage with Mashed Potatoes & Gravy	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals 	MSC Fish Fingers & Chips
Main Meal Option 2	Potato, Spinach & Cheese Toasted Wrap with Tomato Salsa 	Plant-based Sausage with Mash Potatoes & Gravy	Mediterranean Tart Served with & Roast Potatoes	Garlic & Tomato Vegetable Pasta Spirals 	Plant-based Sausage & 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/Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise Pasta with Cheese or Tomato Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans 
Dessert	Apple & Sultana Crumble Bar with Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread/ Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

Portion(s)
of fruit or veg



Source of
wholegrain



Contains
plant-based
proteins



50%
fruit



Oily
fish



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.



FIRS FARM PRIMARY SCHOOL

Autumn / Winter 2024/2025 - Week Three

Dates: 28th Oct, 18th Nov, 09th Dec, 30th Dec, 20th Jan, 10th Feb, 03rd Mar, 24th Mar, 14th Apr,



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

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Cheesy Pasta Spirals with Pizza Style Topping	Lamb Lasagne with Garlic & Tomato Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Mince Lamb Pie with Mashed Potato	MSC Fish Fingers & Chips
Main Meal Option 2	Beany Shepherd's Pie	Vegetable Lasagne with Garlic & Tomato Bread	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Cheese & Onion Pie with Mash Potato	Crispy Vegetable Fingers & Chips
Vegetables	Broccoli/Cauliflower	Sweetcorn & Carrots	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas	Baked Beans, British Red Tractor Garden Peas
Sandwiches/Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise Pasta with Cheese or Tomato Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	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

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.

