

Healthy Schools Primary Autumn & Winter 2025 - 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Tomato Pasta Bake with Cheese served with Garlic bread	Crispy Southern fried chicken goujons wrap served with chips	Sausage, scrambled egg, hash brown, mushrooms, beans served with toast/barm	Farm Assured roast chicken, roast potatoes, yorkshire pudding, gravy and seasonal vegetables.	Harry Ramsdens Fish Fillet, homestyle cooked chips beans or Spaghetti hoops
Allergens	Contains: Cereals containing Gluten, Egg. May contain: Milk, Soya	Contains: Celery, Milk, Mustard, Cereals containing Gluten.	Contains: Eggs, Milk, Cereals containing Gluten, Sulphur Dioxide & Sulphites, Soya	Contains: Cereals containing Gluten, Eggs, Milk	Contains: Fish, Cereals containing Gluten,
Sandwiches Deli Bar	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection
Allergens	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard
Jackets	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection
Allergens	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs
Desserts	Ice Cream				Cookie with Vanilla Ice cream flavoured milk shake
Allergens	May Contain: Cereals containing Gluten				Contains: Cereals containing Gluten, Eggs, Milk, May Contain: Soya

Drinks Available Daily: Water, Milk

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Ravoli in a tomato sauce served with wedges and crusty bread.	Macaroni Cheese	Tikka Masala Curry & rice served with Naan bread	Farm Assured Beef, Mash, yorkshire pudding, gravy and seasonal vegetables.	Fish Finger sub, homestyle cooked chips beans or Spaghetti Hoops
Allergens	Contains: Cereals containing Gluten, Celery.	Contains: Cereals containing Gluten,, Milk	Contains: Milk, Eggs, Cereals containing Gluten	Contains: Cereals containing Gluten, Eggs, Milk	Contains: Fish, Cereals containing Gluten
Sandwiches Deli bar	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection
Allergens	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard
Jackets	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection
Allergens	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs
Dessert	Flapjack				Chocolate brownie
Allergens	Contains: Cereals containing Gluten, May Contain: Eggs, Milk, Soya				Contains: Cereals containing Gluten, Egg, Milk.

Drinks Available Daily: Water, Milk

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Veggie Meatballs in a rich creamy and herb sauce with Spaghetti and garlic bread	Chicken Enchiladas with peppers, sweetcorn, onion in a mild chilli sauce served with rice, tacos & salad	Homemade Lasagne served with garlic bread and salad	Roast Chicken served with roast potatoes, yorkshire pudding, gravy and seasonal vegetables.	Fish Stars served with oven cooked chunky chips and beans
Allergens	Contains: Cereals containing Gluten,	Contains: Cereals containing Gluten.	Contains: Cereals containing Gluten, Eggs, Milk, Mustard, Soya. May contain: Celery	Contains: Cereals containing Gluten, Eggs, Milk	Stars
Sandwiches Deli Bar	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection
Allergens	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard
Jackets	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection
Allergens	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs
Desserts	iced topped school cake served with custard				Cheesecake
Allergens	Contains: Cereals containing gluten, Milk. May contain: Soya				Contains: Milk May Contain: Cereals containing Gluten, Eggs, Soya

Drinks Available Daily: Water, Milk