# **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)









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 - <u>Food for Life Served Here - Food for Life</u>

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!







low sugar chocolate or confectionary within our school meals, as per the School Food Standards. Our 'chocolate' desserts contain only cocoa powder.

We do not serve any



The average daily free sugar content of this menu is 3.8g, 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

**WEDNESDAY** 

Roast Gammon, Roast Potatoes &

**Red Tractor Accredited** 

Gloucestershire's Local

Roast Gammon from

Butchers Served with

Homemade Roasted

Potatoes and Vegan Gravy

## MONDAY

### Tomato Pasta

Pasta in a Homemade blend of Tomato, Sweet Potato, Lentils and Mixed Herb sauce



## Caribbean Stew with Rice

Mild Caribbean flavoured Stew with Butterbeans and Seasonal Vegetables (Butternut Squash, Carrots, Sweet potato) Served with 50/50 Wholemeal Rice



## **TUESDAY**

#### **BBQ Chicken Pizza with Herby New** Potatoes

Homemade 50/50 CERTIFIED STANDARDS Wholemeal Base topped With Red Tractor Accredited Chicken, Cheddar Cheese and a Homemade Tomato BBQ Sauce Served With Parsley New Potatoes



## Mild Mexican Chilli with Rice

Vegan Soya Mince in a Mild Smoked Paprika Homemade Tomato Sauce with Kidney Beans, with 50/50 Wholemeal Rice







Gravy

### Potatoes and Gravy Homemade Wellington with Brown Lentils, Aubergine & Potato

Wrapped in Vegan Pastry Served With Roast Potatoes and Vegan Gravy



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

Homemade Apple Flapjack made with Oats, Golden Syrup and Apples



Summer Lemon Cake with Custard A Homemade Lemon Sponge Cake with Custard

Ice Cream with Fresh Fruit Vanilla Ice Cream with a selection of Apple, Orange, Melon and Pineapple



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.

Bread **Red Tractor Accredited** Beef Mince from Gloucestershire's Local Butchers and Brown Lentil Bolognaise Sauce Served with Spaghetti and A Garlic and Herb Flavoured 50/50 made Wholemeal Bread



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CERTIFIED

## Vegetable Wellington, Roast

Homemade Cheddar Cheese and Reduced Sugar & Salt Baked Bean Pasty Served with Parsley Flavoured New Potatoes



## THURSDAY

#### Spaghetti Bolognaise and Garlic



## Pollock Fish Fingers, Chips and

**FRIDAY** 

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





#### Cheese and Bean Pasty with Herby **New Potatoes**



Summer Frittata, Chips and Tomato Ketchup

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



### Marble Sponge Cake with Chocolate Sauce

Homemade Vanilla and Cocoa Flavoured Sponge Cake Rippled Together Served with

Chocolate Sauce







# WFFK TWO

MONDAY	TUESDAY	WEDNESDAY	
Sweet Potato Curry with Rice Homemade Lentil and Sweet Potato Mild Curry with 50/50 Wholemeal Rice	Pork Hot Dog with Wedges andTomato KetchupRed Tractor Accredited PorkSausage FromGloucestershire's LocalButchers Served in a Hot Dog Bun withBaked Potato Wedges and TomatoKetchup	Roast Chicken, Roast Potatoes and Gravy Red Tractor Accredited Chicken from Gloucestershire's Local Butchers Served with Homemade Roast Potatoes and Vegan Gravy	NEW Ch Korma v Red Trac Chicker Glouces Local Bu Chickpe Korma S 50/50 W
Cheese and Tomato Pizza with Herby New Potaotes Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree, Oregano) Served with Parsley Flavoured New Potatoes	Macaroni Cheese Homemade Classic Macaroni Cheese, made with a Homemade Cheddar Cheese White Sauce	Vegetable Roast, Roast Potatoes and Gravy Homemade Lentil and Soya Mince Loaf Served With Homemade Roast Potatoes and Vegan Gravy	Vegan I Tomato Devils Ki Served i Bun with Wedges
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Vanilla Shortbread Homemade Vanilla Flavoured Shortbread



**NEW Strawberry and Apple** Crumble with Custard Homemade Strawberry and Apple Crumble with an Oaty made Topping, Served sugar site with Custard

**Chocolate Brownie** A Homemade Chocolate Brownie made with Cocoa Powder

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**ÚDE** 

Homemade Vanilla Sponge Cake Baked with Chopped Apples served with Custard

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## THURSDAY

#### hef's Special – Chicken with Rice

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- estershire's
- Butchers and
- beas in a Mild and Creamy
- Sauce served with
- Wholemeal Rice



CERTIFIED STANDARD

## Hot Dog with Wedges and o Sauce

- Kitchen Vegan Sausage in a Hot Dog
- th Baked Potato
- es and Tomato Ketchup

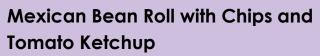




## FRIDAY

#### Battered Fish, Chips and Tomato Ketchup

Oven Baked Youngs MSC Accredited Breaded Pollock Fillet 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 made



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

site

**Eves Pudding with Custard** 

low sugar

Peaches and Ice Cream Vanilla Ice Cream serve with **Tinned Peaches** 

## MONDAY

### **NEW Smokey Bean Burger with Herby New Potatoes**

Homemade Bean Burger Patty (Borlotti Beans, Kidney Beans, Chickpeas, Onion, Leeks, Tomato, Sweet Potato) in a White Burger Bun with Parsley Flavoured New Potatoes



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

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



# **TUESDAY**

#### **NEW Green Thai Chicken Curry** with Rice

Thai spiced Marinaded CERTIFIED STANDARDS Red Tractor Accredited Butcher Chicken Thigh

Pieces in a Creamy Coconut Sauce with Vegetables (Carrots and Grean beans) Served with

50/50 Wholemeal Rice

# made

## **Vegan Bolognaise and Garlic** Bread

Vegan Soya Mince in a Wholemeal Bread made

## WEDNESDAY

Roast Gammon, Roast Potatoes & Gravy CERTIFIED STANDARDS

Red Tractor Accredited Roast Gammon from Gloucestershire's local butchers served with Homemade Roasted Potatoes and Vegan Gravy



**Roast Quorn Fillet with Roast Potatoes and Gravy** Vegan Quorn Fillet served with Homemade Roasted Potatoes and Vegan Gravy





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Homemade Tomato Bolognaise Sauce with Spaghetti Pasta with Herb Flavoured 50/50



## THURSDAY

#### **NEW Greek Chicken Pitta with Rice and Tzatziki**

**Red Tractor Accredited** Greek Marinated Chicken from Gloucestershire's



Ketchup

Oven Baked Youngs

Fillet with Oven Baked

Chips & Tomato Ketchup

MSC Accredited

Battered Pollock

Local Butchers with Onions and Bell Peppers Served in a Pitta Bread with 50/50 Wholemeal Rice

and Fresh Tzatziki (Yoghurt, Mint & Cucumber)



#### **Vegan Meatballs and Rice**

Devil's Kitchen Vegan Meatballs in a Homemade Tomato Sauce with Spaghetti Pasta

## Apple Cinnamon Sponge with

A Homemade Cinnamon Flavoured Sponge with Chopped Apples with Custard



#### **Oaty Cookie**

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



## **FRIDAY**

Battered Fish, Chips and Tomato



## Spinach and Cheese Whirl, Chips and Tomato Ketchup

Cheese, Spinach, Aubergine and Sweet Potato in a Puff Pastry Swirl, with Oven Baked Chips & Tomato Ketchup

