













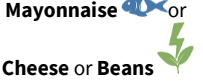




Bents Green school Autumn Winter Menu 2024/25



Week One - Dates: 9th Sep, 30th Sep, 21st Oct, 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr

| WEEK ONE | GREEN EARTH MONDAY | TUESDAY Street Food/Favourites | WEDNESDAY Roast | THURSDAY Pasta Plus | FRIDAY Chippy Day |
|-----------------------|---|---|---|---|--|
| Main Course | Tomato, Baked Bean & Spiral Pasta Bake  | Red Tractor Pork Sausage Roll with Skin on Baked Potato Wedges | Roast Chicken with Stuffing & Roast Potatoes | Red Tractor Beef Pasta Bolognese & Garlic Bread  | MSC Fish Fingers & Chips |
| Option Two | Cheese & Tomato Pizza with Tomato Rice Salad  | Cheese & Onion Pastry Roll with Skin on Baked Wedges | Quorn Grill with Gravy, Stuffing & Roast Potatoes  | Plant-based Pasta Bolognese with 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  |
| 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  |
| Homemade Dessert | Chocolate Mousse and Orange Smiles  | Homemade Jam Buns & Custard | 'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie | Fruity Strawberry Jelly & Mandarin Segments | Vanilla & Cherry Cookie Cup & Custard  |

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

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.

Week Two - Dates: 16th Sep, 7th Oct, 28th Oct, 18th Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr

Bents Green school Autumn Winter Menu 2024/25



| WEEK TWO | GREEN EARTH MONDAY | TUESDAY Street Food/Favourites | WEDNESDAY Roast | THURSDAY Pasta Plus | FRIDAY Chippy Day |
|-----------------------|--|--|--|--|--|
| Main Course | Cheese & Tomato Pizza with Tomato Pasta Salad  | Red Tractor Pork Sausage with Mashed Potatoes & Gravy | Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes | Garlic & Tomato Chicken Pasta Spirals  | MSC Fish Fingers & Chips |
| Option Two | Potato, Spinach & Cheese Toasted Wrap with homemade salsa with rice  | Plant Based Sausage with Mashed Potatoes & Gravy  | Quorn Grill with Gravy, Yorkshire Pudding & 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  |
| 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  |
| Homemade Dessert | Apple & Sultana Crumble Bar with Custard  | Iced Carrot Cake & Orange Slices  | Chocolate Shortbread with Chocolate Sauce | Toffee Cream Tart | Chocolate Oaty Slice |

















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

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|---|---|--|--|--|--|---|
| 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. |
|---|---|--|--|--|--|---|

Bents Green school Autumn Winter Menu 2024/25



Week Three - Dates: 2nd Sep, 23rd Sep, 14th Oct, 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar

| WEEK THREE | GREEN EARTH MONDAY | TUESDAY Street Food/Favourites | WEDNESDAY Roast | THURSDAY Pasta Plus | FRIDAY Chippy Day |
|-----------------------|--|--|--|--|--|
| Main Course | Cheesy Pasta Spirals with Pizza Style Topping | Beef Lasagne with Garlic & Tomato Bread  | Roast Chicken, Gravy, & Stuffing & Roast Potatoes | Beef & Potato Pie with Mash | MSC Fish Fingers & Chips |
| Option Two | Vegetable Meatballs, Tomato Sauce & Mixed Rice  | Vegetable Lasagne with Garlic & Tomato Bread  | Quorn Grill with Gravy, Stuffing & Roast Potatoes  | Cheese, Onion & Potato Pie with Mash | Crispy Vegetable Fingers & Chips |
| Vegetables | Broccoli/Cauliflower & Carrots & Sweetcorn  | Sweetcorn & Carrots  | Broccoli/Cauliflower & Carrots  | Baked Beans, British Red Tractor Garden Peas  | Baked Beans, British Red Tractor Garden Peas  |
| 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  |
| Homemade Dessert | Lemon Cupcake with Fruit Slices  | Chocolate Cookie & Orange Wedges  | Chocolate Crunch "Concrete" & Chocolate Sauce | Strawberry Mousse | Lemon Drizzle Cake With Custard |

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

| | | | | |
|---|---|--|--|--|
| 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.