

# Autumn Winter 2024/25 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 - [Food for Life Served Here - Food for Life](#)






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!

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](#)

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.

The average daily free sugar content of this menu is 4.2g, well under the government recommendation of 6.5g!

# WEEK ONE – WHAT'S IN OUR LUNCH?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>NEW Tomato Vegetable Pasta</b> Penne Pasta with Roasted Vegetables (Mixed Peppers, Butternut Squash, Sweet Potato and Carrots) with a Homemade Tomato and Lentil Sauce</p> 	<p><b>Pork Sausage, Mash and Gravy</b> Local Butchers and Red Tractor Accredited Pork Sausages with Homemade Mashed Potato and Gravy</p>  	<p><b>Roast Chicken, Roast Potatoes and Gravy</b> Red Tractor Accredited Roast Chicken from Gloucester's Local Butcher Served with Homemade Roasted Potatoes and Vegan Gravy</p>  	<p><b>Minced Beef Pasta Bake</b> Red Tractor Accredited Beef Mince and Brown Lentil Bolognese Sauce Pasta Bake Topped with Grated Cheddar</p>  	<p><b>Fishfingers, Chips and Tomato Ketchup</b> Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips &amp; Tomato Ketchup</p> 
<p><b>Mexican Fajitas</b> A Mix of Smokey Paprika, Black Beans, Peppers, Onions and Carrots in Tortillas Served with 50/50 Wholemeal Rice.</p>  	<p><b>New Creamy Curry</b> A Mild Creamy Coconut Curry with Chickpeas Served with 50/50 Wholemeal Rice</p>  	<p><b>Vegetable Roast, Roast Potatoes and Gravy</b> Homemade Lentils and Vegan Soya Mince Roast Served with Homemade Roasted Potatoes and Vegan Gravy</p>  	<p><b>NEW Baked Bean Hotpot</b> Devils Kitchen Vegan Sausage with Baked Beans in a Smokey Paprika Tomato Sauce Topped with Sliced Potatoes</p>   	<p><b>Mexican Bean Roll with Chips and Tomato Ketchup</b> Phat Pasty Mexican Bean Roll (which contains Sweet Potato, Chickpeas, Kidney Beans, Peppers and Onions) Served with Oven Baked Chips &amp; Tomato Ketchup</p>  
<p>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.</p>				
<p><b>Melting Moment Biscuit</b> A Homemade Soft Cookie Made With Oats, Flour, Egg and Sugar</p>  	<p><b>Apple and Blackberry Crumble with Custard</b> Homemade Apple and Blackberry Crumble with an Oaty Topping, Served with Custard</p>   	<p><b>Jelly with Peaches</b> Strawberry Jelly served with Peaches</p>  	<p><b>Winter Cake</b> Homemade Carrot and Courgette Sponge Cake with Custard</p>  	<p><b>Chocolate Orange Cookie</b> Homemade Chocolate Cookie with the Zest of Fresh Oranges</p>  
























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.

# WEEK TWO – WHAT'S IN OUR LUNCH?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Cheese and Tomato Pizza with New Potatoes</b> Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree and Oregano) Served with New Potatoes</p> 	<p><b>Meatballs in Tomato Sauce with Rice</b> Red Tractor Accredited Chicken Meatballs from Gloucester's Local Butchers in a Homemade Tomato Sauce Served with 50/50 Wholemeal Rice</p>  	<p><b>Roast Gammon, Roast Potatoes and Gravy</b> Red Tractor Accredited Gammon from Gloucester's Local Butchers Served with Homemade Roasted Potatoes and Vegan Gravy</p> 	<p><b>Chicken Tikka Masala with Rice</b> Red Tractor Accredited Chicken from Gloucester's Local Butchers with Lentils in a Homemade Mild Tikka Masala Sauce Served with 50/50 Wholemeal Rice</p>  	<p><b>Fishfingers, Chips and Tomato Ketchup</b> Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips &amp; Tomato Ketchup</p> 
<p><b>NEW Caribbean Stew with Rice</b> Mild Caribbean flavoured Stew with Butterbeans and Seasonal Vegetables (Butternut Squash, Carrots, Sweet potato) Served with 50/50 Wholemeal Rice</p>  	<p><b>NEW Cheesy Pasta with Garlic Bread</b> Pasta in a Homemade Cheddar Cheese White Sauce Served with A Garlic and Herb Flavoured 50/50 Wholemeal Bread</p> 	<p><b>Vegan Sausages, Roast Potatoes and Gravy</b> Devils Kitchen Vegan Sausage Served with Homemade Roasted Potatoes and Vegan Gravy</p>   	<p><b>NEW Mild Mexican Chili with Rice</b> Vegan Soya Mince in a Mild Smoked Paprika Homemade Tomato Sauce with Kidney Beans, Served with 50/50 Wholemeal Rice</p>  	<p><b>Cheese and Tomato Quiche, Chips and Tomato Ketchup</b> Cheese and Tomato Quiche made with a Homemade Wholemeal Base with Oven Baked Chips &amp; Tomato Ketchup</p> 
<p>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.</p>				
<p><b>Vanilla Shortbread</b> Homemade vanilla flavoured shortbread</p>  	<p><b>Marble Sponge Cake with Chocolate Sauce</b> Homemade Vanilla and Cocoa Flavoured Sponge Cake Rippled Together Served with Chocolate Sauce</p>  	<p><b>Fruit Medley</b> A selection of Fresh Fruits including Apple, Orange, Peaches and Pineapple</p> 	<p><b>Peach Upside Down Cake With Custard</b> A Homemade Vanilla Sponge Cake with Tinned Peaches On Top Served with Custard Sauce</p>  	<p><b>Oaty Cookie</b> An Oaty Cookie made from Oats, Wholemeal Flour and Self-Raising Flour</p>  

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# WEEK THREE - WHAT'S IN OUR LUNCH?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Macaroni Cheese</b> Homemade Classic Macaroni Cheese, made with Cheddar Cheese</p> <p></p>	<p><b>NEW Cowboy Casserole</b> Red Tractor Accredited Pork Sausages with Baked Beans in a Smokey BBQ and Paprika Tomato Sauce, Topped with Mashed Potato</p> <p> </p>	<p><b>Roast Turkey, Roast Potatoes and Gravy</b> Red Tractor Accredited Roast Gammon served With Homemade Roast Potatoes and Vegan Gravy</p> <p> </p>	<p><b>Beef Bolognese with Garlic Bread</b> Red Tractor Assured Beef and Brown Lentil Bolognese Served with A Garlic and Herb Flavoured 50/50 Wholemeal Bread</p> <p> </p>	<p><b>Breaded Fish, Chips and Tomato Ketchup</b> Oven Baked Youngs MSC Accredited Breaded Pollock Fillet with Oven Baked Chips &amp; Tomato Ketchup</p> <p></p>
<p><b>Plant Balls in Tomato Sauce with Rice</b> Devils Kitchen Vegan Plant Balls in a Homemade Tomato Sauce Served with 50/50 Wholemeal Rice</p> <p>  </p>	<p><b>Cheese and Tomato Pizza with Potato Wedges</b> Homemade 50/50 Wholemeal Base topped with Cheddar Cheese and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree and Oregano) Served With Oven Cooked Wedges</p> <p></p>	<p><b>Vegan Quorn, Roast Potatoes and Gravy</b> Vegan Quorn Fillet served with Homemade Roast Potatoes and Vegan Gravy</p> <p> </p>	<p><b>Chinese Vegetable Curry With Rice</b> A Chinese Spiced Curry with Roasted Vegetables (Sweet Potato, Carrot, Peppers, Swede, Courgettes) With Brown Lentils and Black Beans Served with 50/50 Wholemeal Rice</p> <p></p>	<p><b>Cheese and Red Pepper Frittata with Chips and Tomato Ketchup</b> Homemade Baked Cheddar Cheese and Red Pepper Frittata with Oven Baked Chips and Tomato Ketchup</p> <p></p>
<p>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.</p>				
<p><b>Chocolate Brownie</b> A Chocolate Brownie made with hidden Beetroot and Cocoa Powder</p> <p> </p>	<p><b>Sticky Toffee Apple Crumble with Custard</b> Homemade Sticky Toffee Apple Crumble with a Oaty Topping, Served with Custard</p> <p> </p>	<p><b>Ice Cream</b> A Scoop of Vanilla Ice Cream</p>	<p><b>Vanilla Sponge with Chocolate Sauce</b> A homemade Vanilla Flavoured Sponge Cake Served with Chocolate Sauce</p> <p> </p>	<p><b>Cinnamon Swirl with Apple Slices</b> A Homemade Vegan Cinnamon Swirl with Fresh Apple Slices</p> <p></p>

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