

Netherthorpe Primary Autumn / Winter 2024/2025 - 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 | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| Main Course | Tomato, Baked Bean & Spiral Pasta Bake | Chicken Korma Hand Pies with Sunny Vegetable Rice | Roast Chicken with Stuffing & Roast Potatoes | Red Tractor Beef Pasta Bolognese & Garlic Bread | MSC Fish Fingers & Chips |
| Vegetarian Course | Cheese & Tomato Pizza with Tomato Pasta Salad | Vegetable Korma Hand Pies with Sunny Vegetable Rice | Roasted Butternut & Lentil Loaf, Roast Potatoes & Tomato Sauce | Cheese Flan with Skin on Baked Potato Wedges | Crispy Vegetable Fingers & Chips |
| Halal Option | N/A | Halal Chicken Sausage Roll with Skin on Baked Potato Wedges | Halal Roast Chicken with Gravy, Stuffing & Roast Potatoes | Pasta Bolognese made with Red Tractor Halal Lamb & Garlic Bread | N/A |
| 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 | Freshly Made Sandwich with Cheese | Freshly Made Sandwich with Tuna Mayo | Hot Roast Baguette | Freshly Made Sandwich with Tuna & Sweetcorn Mayo | Freshly Made Sandwich with Cheese |
| Jacket Potato and Filling | 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 | Chocolate 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.

Netherthorpe Primary Autumn / Winter 2024/2025 - 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



| WEEK TWO | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| Main Course | Potato, Spinach & Cheese Toasted Wrap with homemade salsa  | Barbeque Chicken & Rice  | Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes | Garlic & Tomato Chicken Pasta Spirals  | MSC Fish Fingers & Chips |
| Vegetarian Course | Cheese & Tomato Pizza with Tomato Pasta Salad  | Cauliflower, Sweet Potato and Chickpea Curry with Mixed Rice  | Mediterranean Vegetable Tart Served with Roast Potatoes | Beany Vegetable Wrap with a side of Sunny Vegetable Rice  | Crispy Vegetable Fingers & Chips |
| Halal Option | N/A | Red Tractor Halal Chicken Sausage with Mashed Potatoes & Gravy | Halal Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes | Halal Garlic & Tomato Chicken Pasta Spirals  | N/A |
| 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 | Freshly Made Sandwich with Cheese Freshly Made Sandwich with Cheese | Freshly Made Sandwich with Tuna Mayo | Hot Roast Baguette | Freshly Made Sandwich with Tuna & Sweetcorn Mayo | Freshly Made Sandwich with Cheese |
| 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 Pinwheels with Chocolate Sauce | Toffee Cream Tart | Chocolate Oaty Slice |

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



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Netherthorpe Primary Autumn / Winter 2024/2025 - 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 | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------------------------|
| 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 Mashed potato | MSC Fish Fingers & Chips |
| Vegetarian Course | Beany Shepherd's Pie | Cheese & Tomato Pizza & Tomato Pasta Salad | Roast Vegetable & Lentil Roast with Sticky Ketchup Glaze, Roast Potatoes & Gravy | Vegetable Meatballs, Tomato Sauce & Mixed Rice | Cheese & Onion Pastry Roll & Chips |
| Halal Option | N/A | Halal Lamb Lasagne with Garlic & Tomato Bread | Halal Roast Chicken & Stuffing Roast Potatoes & Gravy | Halal Lamb & Potato Pie with Mashed potato | N/A |
| Vegetables | Broccoli/Cauliflower & Carrots & Sweetcorn | Sweetcorn & Carrots | Broccoli/Cauliflower & Carrots | Baked Beans, British Red Tractor Garden Peas | Baked Beans, British Red Tractor Garden Peas |
| Sandwiches | Freshly Made Sandwich with Cheese | Freshly Made Sandwich with Tuna Mayo | Hot Roast Baguette | Freshly Made Sandwich with Tuna & Sweetcorn Mayo | Freshly Made Sandwich with Cheese |
| Jacket Potatoes & Fillings | 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



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