



Lydgate Junior

AUTUMN WINTER 24 25



Colours in the left column represent the band colour your child should choose for the meal that day

WEEK ONE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr	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
	Vegetarian Main Course	Cheese & Tomato Pizza with Tomato Pasta Salad	Vegetable Korma Hand Pies with Sunny Vegetable Rice	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Cheese Flan with Skin on Baked Potato Wedges	Crispy Vegetable Fingers & Chips
	Street Food			Homemade Lamb Mince Turkish Flatbread		
	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
	Jacket Potato & 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
	Dessert	Chocolate Mousse and Orange Smiles	Homemade Jam Buns & Custard	Chocolate Brownie	Fruity Strawberry Jelly & Mandarin Segments	Vanilla & Cherry Cookie Cup & Custard
WEEK TWO		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 18th Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr	Main Course	Potato, Spinach & Cheese Toasted Wrap with homemade salsa	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
	Vegetarian Main Course	Cheese & Tomato Pizza with Tomato Pasta Salad	Plant Based Sausage with Mashed Potatoes & Gravy	Mediterranean Vegetable Tart Served with Roast Potatoes	Beany Vegetable Wrap with a side of Sunny Vegetable Rice	Cauliflower, Sweet Potato and Chickpea Curry with Chips
	Street Food			Crispy Falafel Bites, Tomato Salsa served with Roast Potatoes		
	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
	Jacket Potato & 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 or Cheese or Beans
	Dessert	Apple & Sultana Crumble Bar with Custard	Iced Carrot Cake & Orange Slices	Chocolate Shortbread Pinwheels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice
WEEK THREE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEKS COMMENCING: 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar	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 potatoes	MSC Fish Fingers & Chips
	Vegetarian Main 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
	Street Food			Barbeque Chicken & Rice		
	Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn	Sweetcorn & Carrots	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas	Baked Beans, British Red Tractor Garden Peas
	Jacket Potato & 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 or Cheese or Beans
	Dessert	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch "Concrete" & Chocolate Sauce	Strawberry Mousse	Lemon Drizzle Cake With Custard

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.