

# Autumn/ Winter Menus 2024/2025



Prees Primary School are delighted to present the 2 –week menu cycle for September to April 2025

We have put together a new set of menus for the Autumn term, featuring many of our pupils' favourite dishes along with some variations to take advantage of the fresh seasonal produce grown on our doorstep.

We would hope that you will continue to support the school's catering service by purchasing a meal which we believe is excellent value at just £2.45 a day.

In addition to this menu, available daily are:

- Selection of Salads and Fresh Fruit
- Vegetarian, Vegan options always available.

"Having experienced a lunchtime meal at my child's school today, I am delighted to relay that I really enjoyed a healthy appetising meal. I wish I had meals like this when I was at school "

Parent Comment

"I would like to pass on my gratitude to the cook for affording me the time to go through menus to cater for my child's specific diet requirements. This has filled me with confidence in knowing that my child is being safely and admirably catered for"

Parent Comment

We have enlisted the help of WLP Consultancy Services, to ensure the menus are nutritionally balanced and created for your child's development and enjoyment.

**Special Diets also form an important part of the catering provision we offer, catering for those children with an intolerance to specific foods, for example:**

- Food Intolerance
- Food Allergy
- Food Aversion
- Medical Conditions
- Ethnic Minority Groups

**If your child requires a special diet, or you would like to discuss the menu in more detail, please do not hesitate to contact Mrs Evans, Cook-in-Charge**

**WLP**  
CONSULTANCY  
SERVICES

# LUNCH IS SERVED



## WEEK 1

## WEEK 2

W/C 2<sup>nd</sup> ,16<sup>th</sup> & 30<sup>th</sup> Sept; 14<sup>th</sup> Oct; 4<sup>th</sup> & 8<sup>th</sup> Nov; 2<sup>nd</sup> & 16<sup>th</sup> Dec; 13<sup>th</sup> & 27<sup>th</sup> Jan; 10<sup>th</sup> Feb,3<sup>rd</sup> , 17<sup>th</sup> 7 31<sup>st</sup> March 2025

W/C 9<sup>th</sup> & 23<sup>rd</sup> Sept; 7<sup>th</sup> & 21<sup>st</sup> Oct; 11<sup>th</sup> & 25<sup>th</sup> Nov; 9<sup>th</sup> Dec; 6<sup>th</sup> & 20<sup>th</sup> Jan; 3<sup>rd</sup> & 24<sup>th</sup> Feb, 10<sup>th</sup> , & 24<sup>th</sup> March, 7<sup>th</sup> April 2025

MONDAY

Crispy Oven Baked Fish Fingers  
Pasta Neapolitan  
Herby Diced Potatoes ,Green Beans  
Cookie , Fruit Salad

Crispy Baked Chicken Tenders  
Cheesy Pasta & Bread  
Potatoes, Garden Peas  
Strawberry Mousse, Fruit Salad

TUESDAY

Chicken Curry, Rice  
Ham Wrap, Cheese Salad Wrap  
Sweetcorn  
Mini Doughnut  
Fruit Salad

Beef Bolognese  
Crispy Baked Fish Finger  
Bread, or Potatoes  
Baked Beans, Sweetcorn  
Cookie Fruit Salad

WEDNESDAY

Tasty Sausages with Yorkshire Pudding & Gravy  
Vegetarian Sausage with Yorkshire Pudding & Gravy  
Mashed Potatoes  
Carrots  
Lemon Sponge, Fruit Salad,

Roast Beef with Yorkshire Pudding & Gravy  
Quorn Fillet with Yorkshire Pudding and Gravy  
Roast Potatoes  
Mashed Potatoes  
Carrots & Peas  
Iced Vanilla Sponge , Fruit Salad

THURSDAY

Crispy Baked Chicken Tenders  
Baked Quorn Bites  
Pasta , Broccoli,  
Fruit Muffin, Fruit Salad

Chicken & Sweetcorn Meatballs with Tomato Sauce  
Jacket Potato with Cheese or Tuna Mayonnaise  
Pasta, Golden Sweetcorn  
Fruit Jelly, Fruit Salad

FRIDAY

Cheese & Tomato Pizza  
Jacket Potato with Cheese, Baked Beans or Tuna Mayo  
Chips , Baked Beans , Peas  
Ice Cream, Fruit Salad

Oven Baked Salmon Fishcake  
Cheese & Tomato Pizza  
Chips, Garden Peas  
Ice Cream, Fruit Salad