



















# Mundella Autumn Winter Menu 2024/25



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

<b>WEEK ONE</b>	<b>GREEN EARTH MONDAY</b>	<b>TUESDAY Street Food/Favourites</b>	<b>WEDNESDAY Roast</b>	<b>THURSDAY Pasta Plus</b>	<b>FRIDAY Chippy Day</b>
<b>Main Course</b>	Cheese & Tomato Pizza with vegetable rice 	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
<b>Option Two</b>	Tomato, Baked Bean & Spiral Pasta Bake 	Cheese & onion pastry roll with skin on baked wedges	Quorn grill with gravy, stuffing & roast potatoes 	Veggie Mince Bolognese with garlic bread 	Cheese Flan with chips
<b>Vegetables</b>	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	Baked Beans, British Red Tractor Garden Peas 
<b>Sandwiches</b>	Freshly made sandwich with cheese	Freshly made sandwich with tuna mayonnaise	Hot roast baguette with roast potatoes	Freshly made sandwich with ham	Fish finger wrap
<b>Baked Jacket Potatoes</b>	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 
<b>Homemade Dessert</b>	Homemade Sponge & Custard	Chocolate Mousse and Orange Smiles 	Shortbread biscuit	Tutti Frutti 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.

# Mundella Autumn Winter Menu 2024/25

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



WEEK TWO	GREEN EARTH MONDAY	TUESDAY Street Food/Favourites	WEDNESDAY Roast	THURSDAY Pasta Plus	FRIDAY Chippy Day
<b>Main Course</b>	Cheese & Tomato Pizza with Tomato & Veg Rice 	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
<b>Option Two</b>	Potato, Spinach & Cheese Toasted Wrap with homemade salsa 	Quorn Sausage with Mashed Potatoes & Gravy	Quorn Grill with Yorkshire Pudding, Roast Potatoes & Gravy	Garlic & Tomato Vegetable Pasta Spirals 	Crispy Vegetable Fingers & Chips
<b>Vegetables</b>	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 
<b>Sandwiches</b>	Freshly made sandwich with cheese	Freshly made sandwich with tuna mayonnaise	Hot roast baguette with roast potatoes	Freshly made sandwich with ham	Fish finger wrap
<b>Baked Jacket Potatoes</b>	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 
<b>Homemade Dessert</b>	Fruity Flapjack 	Iced Carrot Cake & Orange Slices 	Chocolate 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





















**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.

# Mundella Autumn Winter Menu 2024/25

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



WEEK THREE	GREEN EARTH MONDAY	TUESDAY Street Food/Favourites	WEDNESDAY Roast	THURSDAY Pasta Plus	FRIDAY Chippy Day
<b>Main Course</b>	Cheese & Tomato Pizza & Tomato Pasta Salad 	Beef Lasagne with Garlic & Tomato Bread 	Roast Chicken, Gravy, & Stuffing & Roast Potatoes	Beef & Potato Pie with Mashed potatoes	MSC Fish Fingers & Chips
<b>Option Two</b>	Quorn Sausage with Mashed Potato & Gravy 	Vegetarian Lasagne with Garlic and Tomato Bread 	Quorn Grill with Gravy, Stuffing & Roast Potatoes 	Cheese, onion & potato pie with mashed potatoes	Cheese & Onion Pastry Roll & Chips
<b>Vegetables</b>	Broccoli/Cauliflower & Carrots & Sweetcorn 	Sweetcorn & Carrots 	Broccoli/Cauliflower & Carrots 	Baked Beans, British Red Tractor Garden Peas 	Baked Beans, British Red Tractor Garden Peas 
<b>Sandwiches</b>	Freshly made sandwich with cheese	Freshly made sandwich with ham	Hot roast baguette with roast potatoes	Freshly made sandwich with tuna mayonnaise	Fish finger wrap
<b>Baked Jacket Potatoes</b>	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 
<b>Homemade Dessert</b>	Lemon & Blueberry Cupcake with Fruit Slices 	Strawberry Mousse	Chocolate Crunch "Concrete" & Chocolate Sauce or Pink Custard	Chocolate Cookie & Orange Wedges 	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.