

# Spring Summer 2025 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 3.8g, well under the government recommendation of 6.5g!



# WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Tomato Pasta</b> Homemade Butterbean Arrabiata Tomato Sauce (Tomatoes, Garlic, Onions, Mixed Herbs, Pinch of Chilli, Butterbeans) with Wholemeal Fusilli Pasta.</p> 	<p><b>Sausage Roll with Potato Wedges and Tomato Ketchup</b> Red Tractor Accredited Pork and Plant-Based Protein in Pastry Served with Home Baked Potato Wedges and Tomato Ketchup.</p>  	<p><b>Roast Chicken, Stuffing, Roast Potatoes &amp; Gravy</b> Red Tractor Accredited Chicken from Gloucestershire's Local Butchers served with Stuffing, Homemade Roasted Potatoes and Gravy</p>  	<p><b>Spaghetti Bolognese</b> Red Tractor Accredited Beef Mince and Brown Lentil Bolognese Sauce Served with Spaghetti</p>  	<p><b>Fish Fingers, Chips and Tomato Ketchup</b> Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips and Tomato Ketchup</p> 
<p><b>Cheese and Pepper Whirl with Herby Rice</b> Cheese, Pepper, Lentil and Tomato Sauce in a Puff Pastry Swirl with Turmeric &amp; Lemon Rice</p> 	<p><b>Soya Mince Pasta Bake</b> Soya Mince in a Lentil Tomato Sauce with Homemade Macaroni Cheese layered on top</p> 	<p><b>Vegan Sausage, Roast Potatoes &amp; Gravy</b> Forest Green Kitchen Vegan Sausage served with Homemade Roasted Potatoes and Gravy</p> 	<p><b>Coconut Curry with Rice</b> A Mild Creamy Coconut Curry with Chickpeas Served with 50/50 Wholemeal Rice</p> 	<p><b>NEW Cheesy Broccoli Frittata with Chips and Tomato Ketchup</b> Homemade Baked Cheddar Cheese and Broccoli Frittata with Oven Baked Chips and 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>Oaty Cookie</b> Homemade Oaty Cookie made from Oats, Wholemeal Flour and Self-Raising Flour</p>  	<p><b>Orange Drizzle Cake</b> Homemade Sponge Cake with Orange Zest and a Drizzle of Orange Icing</p>  	<p><b>Ice Cream with Fresh Fruit</b> Vanilla Ice Cream served with Fresh Fruit (Apple, Orange, Peach, Mandarin and Pear)</p> 	<p><b>Carrot Cake with Custard</b> Homemade Carrot Sponge Cake served with Custard</p>  	<p><b>Strawberry Jelly with Peaches</b> Vegan Strawberry Flavoured Jelly with Peaches</p>  

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# WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Vegan Meatballs and Spaghetti</b> Forest Green Kitchen Vegan Meatballs in a Homemade Tomato Sauce Served with Spaghetti</p> <p>  </p>	<p><b>Beef Burger with Cheese Served with Wedges and Tomato Ketchup</b></p> <p>Red Tractor Accredited Beef Burger From Gloucestershire's Local Butchers Topped with Cheese Served in a Burger Bun with Baked Potato Wedges and Tomato Ketchup</p> <p> </p>	<p><b>Roast Gammon with Roast Potatoes and Gravy</b></p> <p>Red Tractor Accredited Gammon from Gloucestershire's Local Butchers Served With Homemade Roast Potatoes and Gravy</p> <p> </p>	<p><b>Peri-Peri Chicken with Herby Rice and Sweetcorn &amp; Cucumber Salsa</b></p> <p>Red Tractor Accredited Chicken from Gloucestershire's Local Butchers in a Peri-Peri dressing with Turmeric &amp; Lemon Rice and a Tangy Sweetcorn Salsa (Sweetcorn, Cucumber, Pineapple, Red Onion)</p> <p> </p>	<p><b>Fish Fingers, Chips and Tomato Ketchup</b> Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips and Tomato Ketchup</p> <p></p>
<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, Oregano) Served with New Potatoes</p> <p> </p>	<p><b>Lentil and Sweet Potato Curry with Rice</b> Homemade Mild Tomato Based Lentil Curry with Sweet Potato served with 50/50 Wholemeal Rice</p> <p>  </p>	<p><b>Roast Quorn, Stuffing, Roast Potatoes and Gravy</b> Vegan Quorn Fillet served with Stuffing, Homemade Roasted Potatoes and Gravy</p> <p> </p>	<p><b>Macaroni Cheese</b> Homemade Classic Macaroni Cheese, made with a Homemade Cheddar Cheese white sauce</p> <p></p>	<p><b>Vegan Sausage with Chips and Tomato Ketchup</b> Forest Green Kitchen Vegan Sausages with Oven Baked Chips and Tomato Ketchup</p> <p> </p>
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<p><b>Golden Syrup Snap</b> Homemade Cookie Sweetened with Golden Syrup</p> <p>  </p>	<p><b>Peach Crumble with Custard</b> Homemade Peach Crumble with an Oaty Topping, Served with Custard</p> <p>   </p>	<p><b>Fruit Medley</b> A selection of Apple, Orange, Peach, Mandarin and Pear</p> <p>   </p>	<p><b>Chocolate Brownie</b> A Homemade Chocolate Brownie made with Cocoa Powder</p> <p> </p>	<p><b>Orange and Lemon Shortbread</b> Homemade Orange and Lemon Flavored Shortbread made with the Juice and Zest From Oranges and Lemons</p> <p>  </p>

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# WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Summer Pizza with New Potatoes</b> Homemade 50/50 Wholemeal Base topped with Cheddar Cheese, Carrots, Fresh Pepper, Red Onion, Sweetcorn and a Homemade Tomato Sauce (Chopped Tomatoes, Tomato Puree and Herbs). Served with New Potatoes</p> 	<p><b>Beef Meatballs in Tomato Sauce with Spaghetti</b> Red Tractor Accredited Beef Meatballs from Gloucestershire's Local Butchers In a Homemade Tomato Sauce Served with Spaghetti</p>  	<p><b>Roast Pork with Roast Potatoes and Gravy</b> Red Tractor Accredited Pork from Gloucestershire's Local Butchers Served With Homemade Roast Potatoes and Gravy</p>  	<p><b>Greek Chicken Pitta with Herby Rice, Tzatziki</b> Red Tractor Accredited Diced Chicken from Gloucestershire's Local Butchers Marinated in Paprika, Lemon, Herbs and Garlic and Served with Homemade Tzatziki, Pitta Bread and Turmeric &amp; Lemon Rice</p>  	<p><b>Fish Fingers, Chips and Tomato Ketchup</b> Oven Baked Youngs MSC Accredited Pollock Fishfingers with Oven Baked Chips and Tomato Ketchup</p> 
<p><b>Vegetable Pasta Bake</b> Tomato Vegetable Pasta Bake with Roasted Vegetables (Mixed Peppers, Butternut Squash, Sweet Potato and Carrots) with a Homemade Tomato and Lentil Sauce, Baked and Topped with Cheese</p> 	<p><b>Vegan Burger with Wedges and Tomato Ketchup</b> Forest Green kitchen Vegan Burger Served in a Hot Dog Bun with Baked Potato Wedges and Tomato Ketchup</p>  	<p><b>Vegetable Loaf with Roast Potatoes and Gravy</b> Homemade Vegetable Soya Loaf (Lentils, Soya Mince, Onion, Courgette, Carrot) Served with Homemade Roast Potato and Gravy</p> 	<p><b>Spaghetti and Vegan Soya Bolognese</b> Vegan Soya Mince in a Homemade Tomato Bolognese Sauce with Wholemeal Fusilli Pasta</p> 	<p><b>Cheese &amp; Bean Pasty with Chips and Tomato Ketchup</b> Homemade Cheddar Cheese and Reduced Sugar &amp; Salt Baked Bean Pasty Served with Oven Baked Chips and Tomato Ketchup</p> 
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<p><b>Chocolate Shortbread</b> A Homemade Chocolate Flavored Shortbread Made with Cocoa Powder</p>  	<p><b>Apple Pie and Custard</b> Homemade Apple filling layered with Homemade Shortcrust Pastry served with Custard</p>   	<p><b>Iced Vanilla Sponge</b> Homemade Vanilla Sponge Cake Lightly Iced with Icing Sugar</p>  	<p><b>Summer Lemon Cake</b> A Homemade Lemon Sponge Cake</p>  	<p><b>Peaches and Ice Cream</b> Tinned Peach Slices in Juice with Vanilla Ice Cream</p> 

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