





Heron Autumn & Winter 2025

(When returning back from a holiday we will always return on week 1)

	Dates	 Around the World MONDAY	Traditional Roast TUESDAY	 Italian WEDNESDAY	Traditional Roast THURSDAY	 Chip day FRIDAY	
WEEK 1	3 rd Sept 22 nd Sept 13 th Oct 3 rd Nov 24 th Nov 15 th Dec	Mild Chicken Curry & Rice NEW	Roast Beef With New Potatoes & Gravy	Wholemeal Ham Pizza with Potato Wedges	Roast Chicken & Mash Potato & Gravy	Sausage & Chips Bake Beans/Peas with Tomato Ketchup	
		Jacket Potato with Salmon	Cheese & Potato Pie	Cheese & Tomato Pizza	Chick Pea & Veg Curry	Red Pepper Frittata	
		DAILY SEASONAL VEGETABLES					
		Chocolate Sponge with Chocolate Sauce	Apple Flapjack	Orange Jelly & Apple Slices	Rice Pudding with Strawberry Jam	Vanilla Ice Cream & Fruit	
WEEK 2	8 th Sept 29 th Sept 20 th Oct 10 th Nov 1 st Dec	Savoury Mince Beef in Yorkshire Pudding & Potato Wedges NEW	Roast Chicken & New Potatoes with Gravy	Wholemeal Pepperoni Pizza & Pasta Twists	Roast Beef & Mashed Potatoes & Gravy	Fish Fingers & Chips Peas/ Baked Beans With Tomato Ketchup	
		Jacket Potato with Beans	Macaroni Cheese	Cheese & Tomato Pizza	5 Bean Pasta Bake	Quorn Sausage	
		DAILY SEASONAL VEGETABLES					
		Apple Crumble & Custard	Melting Moments & Peach Slices	Jam Sponge	Ice Chocolate & Raisin Cake	Strawberry Ice Cream & Fruit	
WEEK 3	15 th Sept 6 th Oct 17 th Nov 8 th Dec	Pasta Bolognese with Garlic Dough Balls	Roast Turkey & New Potatoes	Wholemeal BBQ Chicken Pizza & Wedges	Roast Chicken & Mash Potato	Sausage & Chips Peas & Baked Beans with Tomato Ketchup	
		Jacket Potato with Cheese	Lentil & Roasted Veg Pasta	Margarita Pizza	Quorn Tikka Wrap	Spicy Bean Burger	
		DAILY SEASONAL VEGETABLES					
		Pear Sponge & Custard	Chocolate Krispie Cake	Cinnamon & Apple Sponge	Lemon Iced Buns	Chocolate Ice-Cream & Fruit	

A fresh salad bar is available Monday to Thursday as an alternative to hot food – Homemade bread, Fresh fruit and yoghurts also available daily. Allergen information for the menu is available on the school website with the menu. If your child has a food allergy or intolerance, please inform the SCHOOL OFFICE.

