BENTS GREEN SCHOOL

EAT SMART

Autumn/Winter Menu WEEK 1

9th Nov 2026, 30th Nov 2026, 4th Jan 2027, 25th Jan 2027, 15th Feb 2027, 8th March 2027

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal GLS RED MEAL	RT Pork Sausage & Bean Wholewheat Pasta Bake & Garlic bread	Chicken Tikka Curry & Mixed Wholegrain Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Jacket Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Meal GLS GREEN MEAL	Vegetable Sausage & Bean Wholewheat Pasta Bake & Garlic Bread	Tomato, Basil & Vegetable Pasta Bake - Wholegrain VG	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetable Cottage Pie VG	Cheesy Bean Pitta - Wholemeal VG
Vegetables	Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Mixed Salad, Broccoli & Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans
Dessert	Chocolatey Cornflake Crispy	Gingerbread Cookie & Fresh Fruit	Orange Jelly & Fruit Slices VG	Marble Sponge & Custard	Chocolatey Brownie

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 | Vegan VG

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.

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Autumn/Winter Menu WEEK 2

16th Nov 2026, 7th Dec 2026, 11th Jan 2027, 1st Feb 2027, 22nd Feb 2027, 15th March 2027

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal GLS RED MEAL	All Day Pork Sausage Breakfast with Homemade Herby Diced Potatoes	Beef Bolognese with Wholegrain Penne Pasta	Roast Gammon with Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Jacket Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Meal GLS GREEN MEAL	All Day Vegetable Sausage Breakfast with Home-made Herby Diced Potatoes VG	Plant-based Pasta Bolognese with Wholewheat Penne Pasta	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Biryani with Wholegrain Rice	Cheese Flan & Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans	Garden Peas & Carrots	Seasonal Greens & Country Mixed Vegetables	Broccoli & Sweetcorn	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Shortbread Biscuit & Fruit Slices VG	Chocolatey Orange Fudge Cake	Orange or Strawberry Jelly with Fresh Fruit	Lemon Drizzle Cake & Custard	Chocolatey 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 | Vegan VG

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.

BENTS GREEN SCHOOL

EAT SMART

Autumn/Winter Menu WEEK 3

2nd Nov 2026, 23rd Nov 2026, 14th Dec 2026, 18th Jan 2027, 8th Feb 2027, 1st Mar 2027, 22nd Mar 2027

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal GLS RED MEAL	RT Pork Sausages & Mash	Meat & Potato Pie served with Homemade Potato Wedges	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza with Pasta Salad	MSC Fish Fingers & Chips
Vegetarian Meal GLS GREEN MEAL	Vegetable Sausages & Mash VG	Vegetable Pie & Homemade Potato Wedges	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Pasta Carbonara	Vegetable Burger with Chips
Vegetables	Sweetcorn, Baked Beans, Broccoli	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Carrots or Sweetcorn	Sunny Rice, British Red Tractor Garden Peas or Baked Beans
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard	Raspberry Jelly	Crunchy Biscuit with Fruit Slices VG	Iced Sponge Cake

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 | Vegan VG

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.