









Coit Primary Autumn / Winter 2024/2025 - Week One

Dates: 9th Sep, 30th Sep, 21st Oct, 11th Nov, 2nd Dec, 23rd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 7th Apr



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Tomato, Baked Bean & Spiral Pasta Bake 	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
Vegetarian main course	Cheese & Tomato Pizza with Tomato rice Salad 	Cheese & Onion Pastry Roll with Skin on Baked Wedges	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Cheese Flan with Skin on Baked Potato Wedges	Crispy Vegetable Fingers & Chips
Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	Baked Beans British Red Tractor Garden Peas 
Sandwiches	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham
Sandwiches	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo
Sandwiches	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar
Jacket Potatoes & filling	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 
Homemade Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	Chocolate Brownie	Fruity Strawberry 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.

Coit Primary Autumn / Winter 2024/2025 - Week Two

Dates: 16th Sep, 7th Oct, 28th Oct, 18th Nov, 9th Dec, 30th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 14th Apr



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Cheese & Tomato Pizza with Tomato Pasta Salad 	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
Vegetarian main course	Vegetable Biryani 	Plant Based Sausage with Mashed Potatoes & Gravy	Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes 	Beany Vegetable Wrap with a side of Sunny Vegetable Rice 	Plant-based Sausage & Chips
Vegetables	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 
Sandwiches	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham
Sandwiches	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo
Sandwiches	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar
Baked Jacket Potatoes	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 
Homemade Dessert	Apple & Sultana Crumble Bar with Custard 	Iced Carrot Cake & Orange Slices 	Chocolate Shortbread 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



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Coit primary Autumn / Winter 2024/2025 - Week Three

Dates: 2nd Sep, 23rd Sep, 14th Oct, 4th Nov, 25th Nov, 16th Dec, 6th Jan, 27th Jan, 17th Feb, 10th Mar, 31st Mar



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Cheesy Pasta Spirals with Pizza Style Topping	Beef Lasagne with Garlic & Tomato Bread	Roast Chicken, Gravy, & Stuffing & Roast Potatoes	Beef & Potato Pie with Mashed potatoes	MSC Fish Fingers & Chips
Vegetarian main course	Beany Shepherd's Pie	Vegetable Lasagne with Garlic & Tomato Bread	Quorn Grill with Gravy, Stuffing & Roast Potatoes	Vegetable Meatballs, Tomato Sauce & Mixed Rice	Cheese & Onion Pastry Roll & Chips
Vegetables	Broccoli/Cauliflower & Carrots & Sweetcorn	Sweetcorn & Carrots	Broccoli/Cauliflower & Carrots	Baked Beans, British Red Tractor Garden Peas	Baked Beans, British Red Tractor Garden Peas
Sandwiches	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham	Freshly Made Sandwich with Ham
Sandwiches	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo	Freshly Made Sandwich with Tuna Mayo
Sandwiches	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar	Freshly Made Sandwich with Cheddar
Baked Jacket Potatoes	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
Homemade Dessert	Lemon Cupcake with Fruit Slices	Chocolate Cookie & Orange Wedges	Chocolate Crunch "Concrete" & Chocolate Sauce	Strawberry Mousse	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



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