# FAT Primary School – 2024-25

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| WEEK 1 | **Meat free**  **MONDAY** | ***TUESDAY*** | **WEDNESDAY** | **THURSDAY** |
| **SOUP** | **Vegetable -02.G** | **Lentil- 0.5G** | **Leek & Potato -1.8G** | **Lentil- 0.5G** |
| **BLUE BAND** | **Macaroni -16.8G** | **Chilli Con Carne- 3.3g**  **Rice- 1.1G** | **Chicken Goujon – 8.44g**  **Diced Potatoes – 0.1g.** | **Pork Meatballs- 6.64g Tomato Sauce -**  **Pasta- 0g** |
| **GREEN BAND** | **Vegan sausage- 8.55g**  **Hot dog Roll- 1.65g** | **Pizza -6.3G**  **Veg Baton 0.2g** | **American Style Rice- 4.9g** | **Potato & Bean Pie- 2.3g** |
| **YELLOW BAND** | **Soup-0.2G**  **Cream Cheese & Cucumber Bagel 9.6G** | **Soup- 0.5G**  **Vegan Fish Finger Wrap- 11.72g** | **Soup – 1.8.g**  **Ham Petit Pan 2.01g** | **Soup -0.5g**  **Cheese Panini- 9,6g** |
| **VEGETABLES/SALAD** | **Seasonal vegetables Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** ⧫  **Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** ⧫ Mixed salad **Vegetable Batons** | **Seasonal vegetables** ⧫  **Mixed salad**  **Vegetable Batons** |
| **DESSERTS** | **Fruit Salad (min 40g)**  **Selection of Fruit**  **Yogurt – 1.6g** | **,**  **Fruit Salad (min 40g)**  **Selection of Fruit** | **Fruit Salad (min 40g)**  **Selection of Fruit**  **Yogurt-1.6g** | **Fruit Salad (min 40g)**  **Selection of Fruit**  **Vanilla Sponge- 12.7g with Fruit** |

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| WEEK 2 | **MONDAY** | **TUESDAY** | **Meat free day**  **WEDNESDAY** | ***THURSDAY*** |
| **Soup** | **Lentil 0.5g** | **Tomato- 0.2g** | **Vegetable 0.2g** | ***Carrot & Coriander 0.9g*** |
| **BLUE BAND** | **BBQ Chicken Fillet 0.96g Potato Wedges -3g** | **Steak Pie 10.5g**  **Potatoes 1.5g** | **Pizza -6.3g** | **Fish 5.94g**  **Chips 13.5g** |
| **GREEN BAND** | **3 Bean Chilli-4.2g**  **Rice 1.1g** | **Vegetarian Tacos - 1g** | **Baked Potato with Coronation Chickpea -1.6g** | **Spanish Rice 3.3g** |
| **YELLOW BAND** | **Soup- 0.5g**  **Tuna Roll- 7.5g** | **Soup – 0.2g**  **Cheese Sandwich- 21.5g** | **Soup-0.2g**  **THIS Isn’t Chicken Salad Wrap -7.17g** | **Soup-0.9g**  **Ham Sandwich-13.9g** |
| **VEGETABLES/SALAD** | **Seasonal vegetables Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** ⧫  **Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** ⧫ Mixed salad **Vegetable Batons** | **Seasonal vegetables**  **Mixed salad**  **Vegetable Baton** |
| DESSERTS | **Selection of Fruit**  **Fruit Salad**  **Yogurt 1.6g** | **Selection of Fruit**  **Fruit Salad** | **Selection of Fruit**  **Fruit Salad** Yogurt 1.6g | **Fruit Salad (min 40g)**  **Selection of Fruit**  **Vegan Jelly 0.5g& Fruit** |

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| WEEK 3 | ***MONDAY*** | **MEAT FREE**  **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **SOUP** | **Lentil 0.5g** | **Carrot & Potato – 3.2g** | **Lentil 0.5g** | **Potato & Leek -1.8g** |
| **BLUE BAND** | **Beef Burger- 8.37g**  **Burger Roll- 1.25g** | **Quorn Dippers- 7.68g**  **Wedges -3g**  **Beans -0.6g** | **Pork Sausages26.9g**  **Gravy- 0.012g**  **Mash Potatoes 1.5g** | **Salmon & Sweet Potato Fish Cake- 5.46g**  **Diced potatoes- 0.1g** |
| **GREEN BAND** | **Vegan Cottage Pie-6.2g** | **Singapore Rice Noodles -1.8g** | **Sweet Potato Curry- 1.8g**  **Rice 1.1g** | **Tomato Pasta- 2.2g**  **Garlic Bread 4.48g** |
| **YELLOW BAND** | **Soup-0.5g**  **Fish Finger Wrap-10.38g** | **Soup- 3.2g**  **Hummus & Vegetable Pitta Bread 0.8g** | **Soup 0.5g**  **Ham Sandwich 13.9g** | **Soup-1.8g**  **Vegan Sausage Roll- 10.88g** |
| **VEGETABLES/SALAD** | **Seasonal vegetables Mixed salad**  **Vegetable Batons** | **Seasonal vegetables**  **Mixed salad**  **Vegetable Batons** | **Seasonal vegetables** Mixed salad **Vegetable Batons** | **Seasonal vegetables**  **Mixed salad**  **Vegetable Batons** |
| **DESSERTS** | **Selection of Fruit**  **Fruit Salad**  **Yogurt 1.6g** | **Selection of Fruit**  **Fruit Salad**  **Ice-Cream- 2.4g with Fresh Fruit** | **Selection of Fruit**  **Fruit Salad** Yogurt 1.6g | **Seasonal Fruit**  **Fruit Salad** |

**There will be Vegan/Dairy Free/Gluten Free alternatives to some of the dishes, parents should contact their School Cook Supervisor and advise on any dietary needs.**