

**ONS SPRING TERM 2025 - WEEK 1**

w/c 6TH & 27TH JANUARY, 24TH FEBRUARY, 17TH MARCH

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT	FISH CAKES		SLICED TURKEY IN GRAVY		CHICKEN BREAST IN TOMATO & BASIL SAUCE
VEGETABLE	BAKED BEANS		PEAS		BROCOLLI
CARBOHYDRATE	BAKED POTATO WEDGES		GOLDEN ROAST POTATOES		WHITE RICE
MAIN VEGETARIAN	VEGAN SAUSAGE ROLL	CAULIFLOWER, SPINACH & LENTIL CURRY	LENTIL & VEG FLAKY TOPPED PIE	VEGETARIAN LASAGNE	MOROCCAN BEAN CASSEROLE
VEGETABLE	BAKED BEANS	BROCOLLI	PEAS	CARROT TIPS	
CARBOHYDRATE		WHITE RICE	GOLDEN ROAST POTATOES		
DESSERT	VANILLA ICE CREAM	BANANA & CUSTARD	GLUTEN FREE CHOCOLATE SPONGE	BISCUIT	WATERMELON

HEADTEACHER: MRS GEMMA WILLIAMSON & HAYLEY YENDELL

ST ALBANS, HERTS, AL3 5JB

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## ONS SPRING TERM 2025 - WEEK 2

W/C 13TH JANUARY, 3RD FEBRUARY, 3RD & 24TH MARCH

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT	SWEET & SOUR CHICKEN		CHICKEN & VEGETABLE CASSEROLE	PENNE PASTA IN TOMATO & BASIL SAUCE	BREADED COD
VEGETABLE	SWEETCORN		CAULIFLOWER		PEAS
CARBOHYDRATE	WHITE RICE		GOLDEN ROAST POTATOES		BAKED POTATO WEDGES
MAIN VEGETARIAN	BEAN CHILLI	VEGAN SAUSAGES	PLANT - BASED SHEPHERDS PIE	MACARONI CHEESE	POTATO, CHEESE & LEEK BAKE
VEGETABLE		BROCCOLI		BROCCOLI	
CARBOHYDRATE		PENNE PASTA			
DESSERT	CHOCOLATE SPONGE	BANANA & CUSTARD	WATERMELON	VANILLA ICE CREAM	BISCUIT

HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL



**ONS SPRING TERM 2025 - WEEK 3**

W/C 20TH JANUARY, 10TH FEBRUARY, 10TH & 31ST MARCH

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT	CHICKEN GOUJONS	TOMATO & CHICKPEA GRATIN	SLICED CHICKEN IN GRAVY		FISHCAKES
VEGETABLE	BROCCOLI		MIXED VEG		BROCCOLI
CARBOHYDRATE	BASMATI YELLOW RICE		GOLDEN ROAST POTATOES		POTATO WEDGES
MAIN VEGETARIAN	VEGETARIAN NUGGETS	POTATO, CHEESE & LEEK BAKE	VEGAN ROOT VEGETABLE PIE	PENNE PASTA IN TOMATO & BASIL SAUCE	VEGAN SAUSAGE ROLL
VEGETABLE		PEAS	CARROT TIPS	SWEETCORN	
CARBOHYDRATE					
DESSERT	BISCUIT	WATERMELON	VANILLA ICE CREAM	BANANA & CUSTARD	GLUTEN FREE CHOCOLATE SPONGE

HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL