

## ONS TEA MENU SPRING 2025 - WEEK 1

W/C 6TH & 27TH JANUARY, 24TH FEBRUARY, 17TH MARCH

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT			FISHCAKES	BAKED CHICKEN & VEGETABLE PIE	
VEGETABLE			BROCOLLI	CUT GREEN BEANS	
CARBOHYDRATE			BABY POTATOES	SAUTE POTATOES	
MAIN VEGETARIAN	PENNE PASTA IN TOMATO & BASIL SAUCE	VEGETARIAN COTTAGE PIE	POTATO, CHEESE & LEEK BAKE	BAKED VEGETABLE PIE	VEGAN SAUSAGES
VEGETABLE	SWEETCORN	PEAS			CARROTS
CARBOHYDRATE					RICE

### DESSERT - FRESH FRUIT

HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL

## ONS TEA MENU SPRING 2025 - WEEK 2

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

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT		FISH GOUJONS		SLICED CHICKEN IN GRAVY	CHICKEN GOUJONS
VEGETABLE		PEAS		MIXED VEGETABLES	PEAS
CARBOHYDRATE		POTATO WEDGES		GOLDEN ROASTED POTATOES	CROQUETTE POTATOES
MAIN VEGETARIAN	POTATO, CHEESE & LEEK BAKE		PENNE PASTA IN TOMATO & BASIL SAUCE	LENTIL & VEGETABLE FLAKY TOPPED PIE	VEGAN SAUSAGE ROLL
VEGETABLE	BROCCOLI		SWEETCORN		
CARBOHYDRATE					

### DESSERT - FRESH FRUIT

HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL

ST ALBANS, HERTS, AL3 5JB

EMAIL: ADMIN@ROOTSFEDERATION.HERTS.SCH.UK WWW.ROOTSFEDERATION.HERTS.SCH.UK

## ONS TEA MENU SPRING 2025 - WEEK 3

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

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT	PENNE PASTA IN TOMATO & BASIL SAUCE	BREADED COD		CHICKEN CURRY	
VEGETABLE		BROCCOLI		CUT GREEN BEANS	
CARBOHYDRATE		OVEN CHIPS		WHITE RICE	
MAIN VEGETARIAN	VEGETABLE LASAGNE		VEGAN SAUSAGES	CAULIFLOWER, SPINACH & LENTIL CURRY	PENNE PASTA IN TOMATO & BASIL SAUCE
VEGETABLE	PEAS		BAKED BEANS		SWEETCORN
CARBOHYDRATE			CROQUETTE POTATOES		

DESSERT - FRESH FRUIT

HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL