



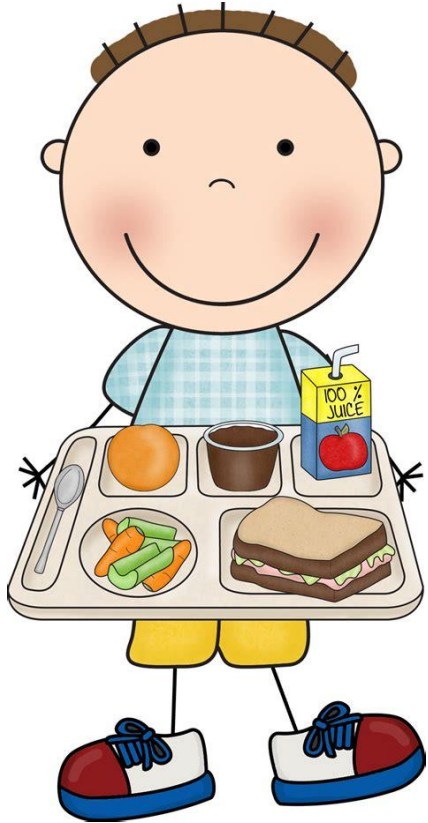
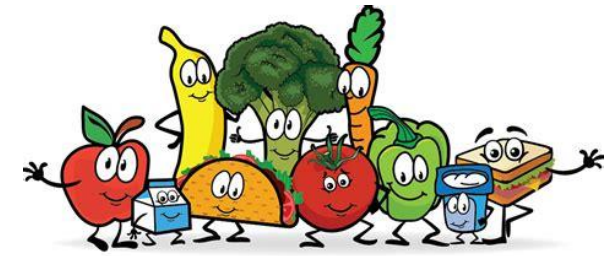
School Meals at Harlow Green

2024-2025

Growing happy, healthy and successful, together.



Harlow Green's Three-Week Menu



Week 1 Dates:

- 2 September 2024
- 23 September 2024
- 14 October 2024
- 11 November 2024
- 2 December 2024
- 6 January 2025
- 27 January 2025
- 17 February 2025
- 17 March 2025
- 7 April 2025
- 12 May 2025
- 09 June 2025
- 30 June 2025

Week 2 Dates:

- 9 September 2024
- 30 September 2024
- 21 October 2024
- 18 November 2024
- 9 December 2024
- 13 January 2025
- 3 February 2025
- 3 March 2025
- 24 March 2025
- 28 April 2025
- 19 May 2025
- 16 June 2025
- 7 July 2025

Week 3 Dates:

- 16 September 2024
- 7 October 2024
- 4 November 2024
- 25 November 2024
- 16 December 2024
- 20 January 2025
- 10 February 2025
- 10 March 2025
- 31 March 2025
- 5 May 2025
- 2 June 2025
- 23 June 2025
- 14 July 2025

As an alternative to the main hot meal ...



A jacket potato with either cheese, beans or tuna filling.



The salad bar is accessible for all school meals.



A selection of sandwiches and wraps with either ham, cheese or tuna fillings.

Week 1

Monday

*Flat bread margherita
pizza slice, pasta with
beans or mixed salad*



Week 1

Tuesday

Chicken pie, roast potatoes, mixed veg and gravy

*Alternative:
Cheese pasty, roast potatoes with
mixed vegetables and gravy*



Week 1

Wednesday

*Pork meatball sub roll,
diced potatoes,
peas & sweetcorn or
mixed salad*

*Alternative:
Veggie meatball sub roll, diced
potatoes and mixed salad*



Week 1

Thursday

Roast chicken dinner with mashed potatoes, Yorkshire pudding, cauliflower, broccoli carrots and gravy

Alternative:

Quorn chicken dinner with mashed potatoes, Yorkshire pudding, cauliflower, broccoli carrots and gravy



Week 1

Friday

Fish fingers, potato wedges with peas

Alternative:

Cheese roll, potato wedges with peas



Week 2

Monday

*Mini round margherita
pizza, pasta with spaghetti
hoops or mixed salad*



Week 2

Tuesday

Beef mince pie, mashed potato and mixed vegetables

Alternative:

Quorn mince pie, mashed potato and mixed vegetables



Week 2

Wednesday

Chicken curry, rice, mixed vegetables and naan bread

*Alternative:
Veggie curry, rice, mixed vegetables
and naan bread*



Week 2

Thursday

Pork sausage, roast potatoes, carrot & swede mash and gravy

Alternative:

Veggie sausage, roast potatoes, carrot and swede mash and gravy



Week 2

Friday

Chicken goujon fillet in a finger roll with lettuce and mayo, mini potato waffles, mixed salad and veg sticks

Alternative:

Quorn frankfurter in a finger roll with ketchup, mini potato waffles, mixed salad and veg sticks



Week 3

Monday

*Margherita pizza wedge,
pasta, beans or mixed
salad*



Week 3

Tuesday

*Sweet chilli chicken wrap,
rainbow rice, salad and veg
sticks*

Alternative:

*Sweet chilli veggie pieces wrap,
rainbow rice, salad and veg sticks*



Week 3

Wednesday

Beef Bolognese with pasta, garlic bread and pea & sweetcorn medley

*Alternative:
Cheesy pasta with garlic bread and
pea & sweetcorn medley*



Week 3

Thursday

Gammon slice with Yorkshire pudding, mashed potato, carrots, cabbage and gravy

Alternative:

Quorn fillet with Yorkshire pudding, mashed potato, carrots, cabbage and gravy



Week 3

Friday

*Fish portion, chips, peas and
curry sauce*

*Alternative:
Veggie bites, chips, peas and curry
sauce*

