

## Tywardreath School Menu – Autumn Term 1 (2025)

Week One 01/09, 22/09, 13/10	Week Two 08/09, 29/09	Week Three 15/09, 06/10
<p style="text-align: center;"><b>MONDAY</b>  <b>Jacket Potato Day (2 toppings)</b>  Beans  Bacon  Tuna Mayo  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>MONDAY</b>  <b>Jacket Potato Day (2 toppings)</b>  Ham  Beans  Tuna &amp; Sweetcorn  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>MONDAY</b>  <b>Jacket Potato Day (2 toppings)</b>  Ham  Baked Beans  Cheese  <b>Dessert Available</b></p>
<p style="text-align: center;"><b>TUESDAY</b>  <b>Main</b> – Ham, Mac &amp; Cheese  With Veg  <b>Veg</b> – Vegetable Ravioli  <b>Jacket Potato</b> – Tuna &amp; Sweetcorn (+ 1 other)  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>TUESDAY</b>  <b>Main</b> – Lasagna &amp; Veg  <b>Veg</b> – Veg Lasagna  <b>Jacket Potato</b> – Cheese (+ 1 other)  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>TUESDAY</b>  <b>Main</b> – Pasta Bolognese &amp; Veg  <b>Veg</b> – Mediterranean Veg in Tomato Sauce &amp; Pasta  <b>Jacket Potato</b> – Tuna &amp; Sweetcorn (+ 1 other)  <b>Dessert Available</b></p>
<p style="text-align: center;"><b>WEDNESDAY</b>  <b>Main</b> – Cottage Pie &amp; Veg  <b>Veg</b> – Veg Ratatouille  <b>Jacket Potato</b> – Ham (+ 1 other)  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>WEDNESDAY</b>  <b>Main</b> – Sausage, Mash 'n' Beans  <b>Veg</b> – Quorn Sausages  <b>Jacket Potato</b> – Bacon (+ 1 other)  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>WEDNESDAY</b>  <b>Main</b> – Cowboy Casserole (Sausage wrapped in bacon),  Baked Beans  <b>Veg</b> – Quorn Sausages, New Potatoes &amp; Beans  <b>Jacket Potato</b> – Chilli (+ 1 other)  <b>Dessert Available</b></p>
<p style="text-align: center;"><b>THURSDAY</b>  <b>Main</b> – Roast Chicken, Roast Potatoes &amp; Veg  <b>Veg</b> – Cauliflower Cheese  <b>Jacket Potato</b> – Cheese (+ 1 other)  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>THURSDAY</b>  <b>Main</b> – Chicken Pie, New Potatoes &amp; Veg  <b>Veg</b> – Cheesy Leek &amp; Potato Pie  <b>Jacket Potato</b> – Tuna Mayo (+ 1 other)  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>THURSDAY</b>  <b>Main</b> – Meatballs in Tomato &amp; Basil Sauce with Rice &amp; Veg  <b>Veg</b> – Quorn Meatballs  <b>Jacket Potato</b> – Tuna Mayo (+ 1 other)  <b>Dessert Available</b></p>
<p style="text-align: center;"><b>FRIDAY</b>  <b>Main</b> – Fish Fingers &amp; Chips  <b>Veg</b> – Veggie Burger &amp; Chips  <b>Jacket Potato</b> – Chilli (+ 1 other)  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>FRIDAY</b>  <b>Main</b> – Fish Fingers &amp; Chips  <b>Veg</b> – Margherita Pizza Slice  <b>Jacket Potato</b> – Chilli (+ 1 other)  <b>Dessert Available</b></p>	<p style="text-align: center;"><b>FRIDAY</b>  <b>Main</b> – Fish Fingers &amp; Chips  <b>Veg</b> – Cheese Pinwheels  <b>Jacket Potato</b> – Egg Mayonnaise (+ 1 other)  <b>Dessert Available</b></p>

**Please note, no sandwiches (packed lunch) available this term due to decrease in numbers**

**Available daily:** Fruit yogurts, Fresh Fruit Salad and Salad Bar

## Free From / Vegan Menu – Autumn Term 1 (2025)

**Free From / Vegan Menu:** These menus should only be ordered from if you have an allergy or dietary requirement and the office have been informed.

Week One 01/09, 22/09, 13/10	Week Two 08/09, 29/09	Week Three 15/09,06/10
<b>MONDAY</b>	<b>MONDAY</b>	<b>MONDAY</b>
<b>Free From</b> – Jacket Potato with Baked Beans (+1) <b>Vegan</b> – Jacket Potato with Baked Beans & Vegan Cheese	<b>Free From</b> – Jacket Potato with Beans & Ham <b>Vegan</b> – Jacket Potato with Vegan Cheese & Beans	<b>Free From</b> – Jacket Potato with Beans & Ham <b>Vegan</b> – Jacket Potato with Beans & Vegan Cheese
<b>TUESDAY</b>	<b>TUESDAY</b>	<b>TUESDAY</b>
<b>Free From</b> – Cheesy Pasta Bake <b>Vegan</b> – Veg Ravioli	<b>Free From</b> – Roasted Veg & Pasta <b>Vegan</b> – Roasted Veg in Tomato Sauce	<b>Free From</b> – Mediterranean Roasted Veg <b>Vegan</b> – Mediterranean Roasted Veg
<b>WEDNESDAY</b>	<b>WEDNESDAY</b>	<b>WEDNESDAY</b>
<b>Free From</b> – Cottage Pie & Veg <b>Vegan</b> – Ratatouille	<b>Free From</b> – Sausage, Mash & Beans <b>Vegan</b> – Quorn Sausages	<b>Free From</b> – Cowboy Casserole, New Pots & Beans <b>Vegan</b> – Quorn Sausages, New Pots & Beans
<b>THURSDAY</b>	<b>THURSDAY</b>	<b>THURSDAY</b>
<b>Free From</b> – Chicken Casserole <b>Vegan</b> – Cauliflower Cheese	<b>Free From</b> – Chicken Casserole <b>Vegan</b> – Leek & Potato Au Gratin	<b>Free From</b> – Meatballs & Rice <b>Vegan</b> – Quorn Meatballs & Rice
<b>FRIDAY</b>	<b>FRIDAY</b>	<b>FRIDAY</b>
<b>Free From</b> – Fish Fingers & Chips <b>Vegan</b> – Veggie Burger & Chips	<b>Free From</b> – Fish Fingers & Chips <b>Vegan</b> – Veg Nuggets & Chips	<b>Free From</b> – Fish Fingers & Chips <b>Vegan</b> – Quorn Burger & Chips

**Daily Desserts:**

**Free From** – Jelly / Fruit Salad / Fresh Fruit     **Vegan** – Fresh Fruit / Fruit Salad

Please order your child’s school meals on Parent Pay each week. Orders need to be submitted by Thursday evening at midnight for the full week ahead. Reception and KS1 are entitled to free school meals. Orders can be pre-ordered for the term ahead by changing the week commencing date on Parent Pay.