

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
MONDAY Jacket Potato Day (2 toppings) Beans Bacon Tuna Mayo Dessert Available	MONDAY Jacket Potato Day (2 toppings) Ham Beans Tuna & Sweetcorn Dessert Available	MONDAY Jacket Potato Day (2 toppings) Ham Baked Beans Cheese Dessert Available
TUESDAY Main – Ham, Mac & Cheese With Veg Veg – Vegetable Ravioli Jacket Potato – Tuna & Sweetcorn (+ 1 other) Dessert Available	TUESDAY Main – Lasagna & Veg Veg – Veg Lasagna Jacket Potato – Cheese (+ 1 other) Dessert Available	TUESDAY Main – Pasta Bolognaise & Veg Veg – Mediterranean Veg in Tomato Sauce & Pasta Jacket Potato – Tuna & Sweetcorn (+ 1 other) Dessert Available
WEDNESDAY Main – Cottage Pie & Veg Veg – Veg Ratatouille Jacket Potato – Ham (+ 1 other) Dessert Available	WEDNESDAY Main – Sausage, Mash 'n' Beans Veg – Quorn Sausages Jacket Potato – Bacon (+ 1 other) Dessert Available	WEDNESDAY Main – Cowboy Casserole (Sausage wrapped in bacon), Baked Beans Veg – Quorn Sausages, New Potatoes & Beans Jacket Potato – Chilli (+ 1 other) Dessert Available
THURSDAY Main – Roast Chicken, Roast Potatoes & Veg Veg – Cauliflower Cheese Jacket Potato – Cheese (+ 1 other) Dessert Available	THURSDAY Main – Chicken Pie, New Potatoes & Veg Veg – Cheesy Leek & Potato Pie Jacket Potato – Tuna Mayo (+ 1 other) Dessert Available	THURSDAY Main – Meatballs in Tomato & Basil Sauce with Rice & Veg Veg – Quorn Meatballs Jacket Potato – Tuna Mayo (+ 1 other) Dessert Available
FRIDAY Main – Fish Fingers & Chips Veg – Veggie Burger & Chips Jacket Potato – Chilli (+ 1 other) Dessert Available	FRIDAY Main – Fish Fingers & Chips Veg – Margherita Pizza Slice Jacket Potato – Chilli (+ 1 other) Dessert Available	FRIDAY Main – Fish Fingers & Chips Veg – Cheese Pinwheels Jacket Potato – Egg Mayonnaise (+ 1 other) Dessert Available

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
MONDAY Free From – Jacket Potato with Baked Beans (+1) Vegan – Jacket Potato with Baked Beans & Vegan Cheese	MONDAY Free From – Jacket Potato with Beans & Ham Vegan – Jacket Potato with Vegan Cheese & Beans	MONDAY Free From – Jacket Potato with Beans & Ham Vegan – Jacket Potato with Beans & Vegan Cheese
TUESDAY Free From – Cheesy Pasta Bake Vegan – Veg Ravioli	TUESDAY Free From – Roasted Veg & Pasta Vegan – Roasted Veg in Tomato Sauce	TUESDAY Free From – Mediterranean Roasted Veg Vegan – Mediterranean Roasted Veg
WEDNESDAY Free From – Cottage Pie & Veg Vegan – Ratatouille	WEDNESDAY Free From – Sausage, Mash & Beans Vegan – Quorn Sausages	WEDNESDAY Free From – Cowboy Casserole, New Pots & Beans Vegan – Quorn Sausages, New Pots & Beans
THURSDAY Free From – Chicken Casserole Vegan – Cauliflower Cheese	THURSDAY Free From – Chicken Casserole Vegan – Leek & Potato Au Gratin	THURSDAY Free From – Meatballs & Rice Vegan – Quorn Meatballs & Rice
FRIDAY Free From – Fish Fingers & Chips Vegan – Veggie Burger & Chips	FRIDAY Free From – Fish Fingers & Chips Vegan – Veg Nuggets & Chips	FRIDAY Free From – Fish Fingers & Chips Vegan – 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.