

# Three Bridges School Lunch Menu Autumn 2024



Three Bridges  
SCHOOL





Week 1

4th Nov, 25th Nov, 16th Dec

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Chickpea and veggie curry served with rice	Jacket potato with Mexican chicken topping (or beans/ tuna/cheese)	Sausage pasta bake	Chicken (or quorn chicken) fajitas with a tomato sauce and sour cream	Pizza /pizza rolls and potato bites
Snacks	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast

# Week 2

11th Nov, 2nd Dec

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Spaghetti bolognaise	Gnocchi with a tomato ragu sauce	Stew and dumplings	Spanish omelette with peppers, potatoes and chorizo	Pizza /pizza rolls and potato bites
Snacks	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast

# Week 3

18th Nov, 9th Dec

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Soup with a bread roll	Gammon, potatoes and cauliflower/ broccoli cheese	Creamy cheese and sweetcorn pasta bake	BBQ chicken burger with homemade coleslaw and wedges	Pizza /pizza rolls and potato bites
Snacks	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast	Baked crisps, fruit / raisins / dried fruit, yoghurt / alpro yoghurt or dessert, Fruit Winders, Cheese and crackers / rice cakes, bagel / crumpet / toast