

**Three Bridges
School
Lunch Menu
Autumn Term 1 2025**



**Three Bridges
SCHOOL**



Week 1

1st September, 22nd September and 13th October

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|---|---|
| Main meal | Katsu curry served with rice and a poppadom | Tomato pasta bake | Jacket potato with Mexican chicken topping (or beans/ tuna/cheese) | Bolognaise with pasta or spaghetti | 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

8th September and 29th September

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|---|---|
| Main meal | Creamy sweetcorn and pea pasta bake | Chicken quesadilla with homemade salsa and corn tortilla crisps | Chilli con carne with rice | Fish finger/veggie finger sandwiches with 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 |

Week 3

15th September and 6th October

| Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|---|---|
| Main meal | Tomato pasta bake | Chicken (or quorn chicken) fajitas with a tomato sauce and sour cream | Loaded homemade wedges served with tomatoes, onions, peppers and sprinkled with cheese | Chicken burger/beef 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 |