

**Three Bridges  
School  
Lunch Menu  
Autumn Term 2 2025**



**Three Bridges  
SCHOOL**



# Week 1

3<sup>rd</sup> November, 24<sup>th</sup> November and 15<sup>th</sup> December

| Day       | Monday                                                                                                                                                    | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                 | Thursday                                                                                                                                                  | Friday                                                                                                                                                    |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Main meal | Chicken 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

10<sup>th</sup> November and 1<sup>st</sup> December

| Day       | Monday                                                                                                                                                    | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                 | Thursday                                                                                                                                                  | Friday                                                                                                                                                    |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Main meal | Creamy sweetcorn and pea pasta bake                                                                                                                       | Chicken goujons with salad and cous cous                                                                                                                  | Chilli con carne with rice                                                                                                                                | Italian quesadillas with mozzarella, pesto and tomato                                                                                                     | 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

17<sup>th</sup> November and 8<sup>th</sup> December

| Day       | Monday                                                                                                                                                    | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                 | Thursday                                                                                                                                                  | Friday                                                                                                                                                    |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Main meal | Tomato pasta bake                                                                                                                                         | Chicken (or quorn chicken) fajitas with a tomato sauce and sour cream                                                                                     | Fish finger / veggie finger sandwiches with wedges                                                                                                        | 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 |