

Tree Tops is at the forefront of promoting a healthy lifestyle. We believe that access to nutritious, healthy meals should be a right for our children. Not only does Treetops enhance the curriculum for our children but it also helps them to learn.

This menu offers a choice of fresh, healthy cooked food which meets the Government's School Food Standards. We source as much of our food locally as we can, this ensures that Treetops supports the local community and that our ingredients are fresh and seasonal.



Red Tractor, farm assured British meat from local butchers.



All fish carry the MSC logo.



No undesirable additives and hydrogenated fats.



A variety of local sourced fruit, vegetables and fair trade bananas are served fresh daily.



Every Monday is a meat free day to help promote more sustainable living.



Whole grains and fruits used in all baked desserts.



All sauces enriched with vegetables to help increase the daily vegetable intake.



Limits on added salt and sugar used in cooking and baking.



Food Allergies and Intolerances

All of our food is produced fresh in a kitchen where allergens are present and our menu descriptions do not include all of the ingredients. If your child has a food allergy then please speak with the school office before your child orders.

All allergen information is available on request from the school office and can also be viewed on the school website.

Special Diets

The school is able to provide meals for children who are on special diets. Please contact the school office for more details.



At Forest View we believe that every child has the right to be able to access a high quality hot meal each day.

We ensure that our kitchen is a not for profit enterprise which enables us to keep meal costs low and return any profit to the kitchen to further improve our meal offer. Forest View's own run catering service puts our children first and ensures that any child who wants one can have a healthy school meal each day.



TREE
FOREST VIEW PRIMARY
TOPS



Autumn/Winter

2024/25

WEEK 1: 4/11/24, 25/11/24, 16/12/24, 20/1/25, 3/2/25, 3/3/25, 24/3/25

MONDAY	Mains: Cheese and tomato pizza with tomato pasta Vegetable pizza with tomato pasta	Cold lunch (roll): Cheese spread and cucumber, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Jacket potato	Crisps
	Veg: Sweetcorn, salad	Piece of fruit
	Dessert: Mousse, fresh fruit, biscuit	Dessert: Biscuit

TUESDAY	Mains: Chicken curry, rice and naan Roasted vegetable curry, rice and naan	Cold lunch (sandwich): Marmite, cheese, tuna, egg mayo Carrot and cucumber sticks Cheese straw
	3rd Option: Tomato pasta	Piece of fruit
	Veg: Vegetables in the main, salad	
	Dessert: Apple turnover	Dessert: Apple turnover

WEDNESDAY	Mains: Roast turkey, stuffing, Yorkshire and mash Vegetable pie and mash	Cold lunch (baguette): Chicken Tikka, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Tomato soup	Savoury Crackers
	Veg: Roasted carrots, cauliflower, broccoli	Piece of fruit
	Dessert: Pink jam slice	Dessert: Pink jam slice

THURSDAY	Mains: All day breakfast Vegetarian all day breakfast	Cold lunch (sandwich): Roast turkey with stuffing, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Cheesy pasta	Cheese and Tomato Pinwheel
	Veg: Beans, roasted tomatoes, mushrooms	Piece of fruit
	Dessert: Brownie	Dessert: Brownie

FRIDAY	Mains: Fish fingers and chips Veggie fingers and chips	Cold lunch (roll): BLT, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Beans on Toast	Rice cakes
	Veg: Beans, sweetcorn, peas	Piece of fruit
	Dessert: Cupcake	Dessert: Cupcake

WEEK 2: 11/11/24, 2/12/24, 6/1/25, 27/1/25, 10/2/25, 10/3/25, 31/3/25

MONDAY	Mains: Macaroni cheese Cheese and bean puff	Cold lunch (roll): Cheese and Tomato, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Jacket potato	Crisps
	Veg: Carrots, sweetcorn, green beans	Piece of fruit
	Dessert: Rice pudding and fruit sauce	Dessert: Biscuit

TUESDAY	Mains: Sausage, mash and onion gravy Vegetarian sausage, mash and onion gravy	Cold lunch (sandwich): Ham, cheese, tuna, egg mayo Carrot and cucumber sticks Cheese straw
	3rd Option: Tomato pasta	Piece of fruit
	Veg: Beans, peas, fried onions	
	Dessert: Banoffee pie	Dessert: Banoffee cupcake

WEDNESDAY	Mains: Roast chicken, stuffing, roast potatoes Sweet potato and lentil wellington	Cold lunch (baguette): Sausage, cheese, tuna, egg mayo Carrot and cucumber sticks Savoury Crackers
	3rd Option: Tomato soup	Piece of fruit
	Veg: Carrot, cauliflower, broccoli	
	Dessert: Jam swirl sponge	Dessert: Jam swirl sponge

THURSDAY	Mains: Sweet and sour chicken, rice and prawn crackers Sweet and sour quorn, rice and prawn crackers	Cold lunch (sandwich): Roast chicken, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Cheesy pasta	Cheese and Tomato Pinwheel
	Veg: Vegetables in the main, salad	Piece of fruit
	Dessert: Fruity flapjack	Dessert: Fruity flapjack

FRIDAY	Mains: Fish and chips Mozzarella sticks and chips	Cold lunch (roll): Chocolate spread and banana, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Beans on Toast	Rice cakes
	Veg: Beans, sweetcorn, peas	Piece of fruit
	Dessert: Chocolate fruit muffin	Dessert: Chocolate fruit muffin

WEEK 3: 18/11/24, 9/12/24, 13/1/25, 24/2/25, 17/3/25

MONDAY	Mains: Vegetable chilli and rice Omelette with potato croquettes	Cold lunch (roll): Cheese and cucumber, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Tomato pasta	Crisps
	Veg: Sweetcorn, peas, carrots	Piece of fruit
	Dessert: Hot chocolate and biscuit	Dessert: Hot chocolate and biscuit

TUESDAY	Mains: Lasagne and garlic bread Vegetable lasagne and garlic bread	Cold lunch (sandwich): Coronation chicken, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Jacket Potato	Cheese straw
	Veg: Vegetables in the main, salad	Piece of fruit
	Dessert: Sticky toffee pudding	Dessert: Sticky toffee cake


WEDNESDAY	Mains: Roast chicken, stuffing and new potatoes Quorn fillet and new potatoes	Cold lunch (baguette): Ham, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Tomato soup	Savoury Crackers
	Veg: Roast carrot, cauliflower, broccoli	Piece of fruit
	Dessert: Lemon crunch, custard	Dessert: Lemon crunch

THURSDAY	Mains: Chicken pie and mash Cheese and onion pie	Cold lunch (sandwich): Roast chicken, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Cheesy pasta	Cheese and Tomato Pinwheel
	Veg: Veg in main, peas, salad	Piece of fruit
	Dessert: Fruit salad and shortbread biscuit	Dessert: Shortbread biscuit

FRIDAY	Mains: Salmon fishcake and potato wedges French bread pizza and potato wedges	Cold lunch (roll): Jam, cheese, tuna, egg mayo Carrot and cucumber sticks
	3rd Option: Beans on Toast	Rice cakes
	Veg: Beans, sweetcorn, peas	Piece of fruit
	Dessert: Iced bun	Dessert: Iced bun

Fresh seasonal salad bar and bread available daily. Fresh fruit and yoghurt are available daily as an alternative to the dessert of the day.



 Vegetarian Option

