



ONS TEA MENU SUMMER 2025 - WEEK 1

W/C 21ST APRIL, 12TH MAY, 9TH & 30TH JUNE

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT	CHICKEN & PASTA WITH TOMATO & HERBS	CHICKEN & VEGETABLE CASSEROLE		BREADED COD	
VEGETABLE	MIXED VEGETABLES	CUT GREEN BEANS		CARROT TIPS	
CARBOHYDRATE		BABY POTATOES		BAKED POTATO WEDGES	
MAIN VEGETARIAN	PENNE PASTA IN TOMATO & BASIL SAUCE	MOROCCAN BEAN CASSEROLE	CAULIFLOWER, SPINACH & LENTIL CURRY	VEGAN NUGGETS	PENNE PASTA IN TOMATO & BASIL SAUCE
VEGETABLE			PEAS		SWEETCORN
CARBOHYDRATE			WHITE RICE		

DESSERT - FRESH FRUIT

HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL



ONS TEA MENU SUMMER 2025 - WEEK 2

W/C 28TH APRIL, 19TH MAY, 16TH JUNE, 7TH JULY

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT		SWEET & SOUR CHICKEN	FISHCAKES		
VEGETABLE		BROCCOLI	PEAS		
CARBOHYDRATE		WHITE RICE	CROQUETTE POTATOES		
MAIN VEGETARIAN	MACARONI CHEESE	CAULIFLOWER, SPINACH & LENTIL CURRY	POTATO, CHEESE & LEEK BAKE	VEGAN SAUSAGES	PENNE PASTA IN TOMATO & BASIL SAUCE
VEGETABLE	CARROT TIPS			SWEETCORN	BROCCOLI
CARBOHYDRATE				BAKED POTATO WEDGES	

DESSERT - FRESH FRUIT

HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL

ST ALBANS, HERTS, AL3 5JB
EMAIL: ADMIN@ROOTSFEDERATION.HERTS.SCH.UK WWW.ROOTSFEDERATION.HERTS.SCH.UK

All meals subject to availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAT		SLICED CHICKEN IN GRAVY		CHICKEN GOUJONS	FISH GOUJONS
VEGETABLE		CUT GREEN BEANS		MIXED VEGETABLES	BAKED BEANS
CARBOHYDRATE		GOLDEN ROAST POTATOES		BASMATI YELLOW RICE	OVEN CHIPS
MAIN VEGETARIAN	VEGETABLE LASAGNE	LENTIL & VEGETABLE FLAKY TOPPED PIE	PENNE PASTA IN TOMATO & BASIL SAUCE	CAULIFLOWER, SPINACH & LENTIL CURRY	VEGAN NUGGETS
VEGETABLE	BROCCOLI		SWEETCORN		
CARBOHYDRATE					

DESSERT - FRESH FRUIT

HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL

