

Languages  
Polish  
Portuguese

**Primary Flashcards**  
**Podstawowe fizyki**  
**Flashcards primários**

**2024 - 2025**

**Autumn/Winter 24- 25**

# Margherita Pizza Slice with Wedges and Sweetcorn- KS1

**Fatia de Pizza  
Margherita  
com Fatias e  
Milho Doce**



**Kawałek pizzy  
Margherita z  
klinami i kukurydzą  
słodką**

**Autumn/Winter 24- 25**

# Margherita Pizza Slice with Wedges and Sweetcorn- KS2

**Fatia de Pizza  
Margherita  
com Fatias e  
Milho Doce**



**Kawałek pizzy  
Margherita z  
klinami i kukurydzą  
słodką**

**Autumn/Winter 24- 25**



# Veggie Pepper and Sweetcorn Pizza with Wedges and Sweetcorn- KS1



**Pizza  
Vegetariana  
de Pimenta e  
Milho Doce  
com Fatias e  
Milho Doce**

**Pizza  
wegetariańska z  
papryką i  
kukurydzą z  
klinami i  
kukurydzą słodką**

## Veggie Pepper and Sweetcorn Pizza with Wedges and Sweetcorn- KS2



**Pizza  
Vegetariana  
de Pimenta e  
Milho Doce  
com Fatias e  
Milho Doce**

**Pizza  
wegetariańska z  
papryką i  
kukurydzą z  
klinami i  
kukurydzą słodką**

# Toffee Frozen Yoghurt- KS1 & KS2

logurte  
Congelado  
Caramelo



Mrożony  
jogurt toffi



# BBQ Cheesy Chicken with Apple Slaw and Wholegrain Rice- KS1



Frango com  
queijo para  
churrasco  
com salada  
de maçã e  
arroz integral

Kurczak BBQ Cheesy z  
sałatką jabłkową i  
pełnoziarnistym ryżem

## BBQ Cheesy Chicken with Apple Slaw and Wholegrain Rice- KS2



Frango com  
queijo para  
churrasco  
com salada  
de maçã e  
arroz integral

Kurczak BBQ Cheesy z  
sałatką jabłkową i  
pełnoziarnistym ryżem



# Butterbean Ratatouille with Apple Slaw and Wholegrain Rice- KS1



**Ratatouille  
de feijão  
com salada  
de maçã e  
arroz integral**

**Ratatouille z fasolką  
maślaną, sałatką  
jabłkową i ryżem  
pełnoziarnistym**

**Autumn/Winter 24- 25**

## Butterbean Ratatouille with Apple Slaw and Wholegrain Rice- KS2



Ratatouille  
de feijão  
com salada  
de maçã e  
arroz integral

Ratatouille z fasolką  
maślaną, sałatką  
jabłkową i ryżem  
pełnoziarnistym

Autumn/Winter 24- 25

# Sweet Potato Brownie- KS1

TRADITIONAL

**Brownie De  
Batata Doce**



**Brownie ze  
słodkich  
ziemniaków**

**Autumn/Winter 24- 25**



# Sweet Potato Brownie- KS2

TRADITIONAL

**Brownie De  
Batata Doce**



**Brownie ze  
słodkich  
ziemniaków**

**Autumn/Winter 24- 25**

# Roast Gammon, Stuffing, Roast Potatoes, Gravy, Peas and Sweetcorn- KS1

**Pernil Assado,  
Recheio,  
Batata Assada,  
Molho, Ervilhas  
e Milho Doce**



**Pieczony  
baleron, farsz,  
pieczone  
ziemniaki, sos,  
groszek i  
kukurydza  
cukrowa**

# Roast Gammon, Stuffing, Roast Potatoes, Gravy, Peas and Sweetcorn- KS2



**Pernil Assado,  
Recheio,  
Batata Assada,  
Molho, Ervilhas  
e Milho Doce**

**Pieczony  
baleron, farsz,  
pieczone  
ziemniaki, sos,  
groszek i  
kukurydza  
cukrowa**



# Quorn Sausage, Roast Potatoes, Gravy and Peas & Carrots- KS1

Salsicha  
Quorn, Batata  
Assada,  
Molho,  
Ervilhas e  
Cenouras



Kiełbasa  
Quorn,  
pieczone  
ziemniaki, sos  
oraz groszek i  
marchewka

# Quorn Sausage, Roast Potatoes, Gravy and Peas & Carrots- KS2



Salsicha  
Quorn, Batata  
Assada,  
Molho,  
Ervilhas e  
Cenouras

Kiełbasa  
Quorn,  
pieczone  
ziemniaki, sos  
oraz groszek i  
marchewka

# Forest Fruits Jelly Pots- KS1

TRADITIONAL



**Potes de  
gelatina de  
frutas  
silvestres**

**Galaretki z  
owocami  
leśnymi**

**Autumn/Winter 24- 25**



# Forest Fruits Jelly Pots- KS2

TRADITIONAL



**Potes de  
gelatina de  
frutas  
silvestres**

**Galaretki z  
owocami  
leśnymi**

**Autumn/Winter 24- 25**

# Lasagne with Green Beans- KS1

**Lasanha  
com Feijão  
Verde**



**Lasagne z zieloną  
fasolką**

Autumn/Winter 24- 25

# Lasagne with Green Beans- KS2



**Lasanha  
com Feijão  
Verde**

**Lasagne z zieloną  
fasolką**

Autumn/Winter 24- 25



# Vegetable Lasagne with Green Beans- KS1

**Lasanha de  
Legumes  
com Feijão  
Verde**



**Lasagne Warzywna  
Z Fasolką  
szparagową**

Autumn/Winter 24- 25

# Vegetable Lasagne with Green Beans- KS2



**Lasanha de  
Legumes  
com Feijão  
Verde**

**Lasagne Warzywna  
Z Fasolką  
szparagową**

Autumn/Winter 24- 25

# Cookie Dough Apple Crumble- KS1



Massa de  
Biscoito  
Crumble de  
Maçã

Ciasto kruche  
jabłkowe



# Cookie Dough Apple Crumble- KS2



**Massa de  
Biscoito  
Crumble de  
Maçã**

**Ciasto kruche  
jabłkowe**

# Golden Fish Fingers or Salmon Fingers with Chips and Baked Beans- KS1



**Dedos de  
Peixe  
Dourado ou  
Dedos de  
Salmão com  
Batatas Fritas  
e Feijão  
Assado**

**Złote paluszki  
rybne lub  
paluszki  
łososiowe z  
frytkami i fasolką  
po bretońsku**

## Golden Fish Fingers or Salmon Fingers with Chips and Baked Beans- KS2



Dedos de  
Peixe  
Dourado ou  
Dedos de  
Salmão com  
Batatas Fritas  
e Feijão  
Assado

Złote paluszki  
rybne lub  
paluszki  
łososiowe z  
frytkami i fasolką  
po bretońsku



# Vegetable Burger with Chips and Baked Beans- KS1

**Hambúrguer  
de Legumes  
com Batata  
Frita e Feijão**



**Burger Warzywny  
Z Frytkami I  
Fasolką**

# Vegetable Burger with Chips and Baked Beans- KS2

**Hambúrguer  
de Legumes  
com Batata  
Frita e Feijão**



**Burger Warzywny  
Z Frytkami I  
Fasolką**

# Jammy Thumbprint Biscuits- KS1



**Biscoitos  
Jammy com  
impressão  
digital**

**Ciasteczka  
Jammy z  
odciskiem palca**



# Jammy Thumbprint Biscuits- KS2



**Biscoitos  
Jammy com  
impressão  
digital**

**Ciasteczka  
Jammy z  
odciskiem palca**

# Cheesy Tomato Pizza Muffins Wholegrain Pasta Salad and Green Salad- KS1



Muffins de pizza  
com queijo e  
tomate, salada  
de macarrão  
integral e salada  
verde

Kiepska pizza  
pomidorowa Babeczki  
Pełnoziarnista sałatka z  
makaronem i zielona  
sałatka

# Cheesy Tomato Pizza Muffins Wholegrain Pasta Salad and Green Salad- KS2



Muffins de pizza  
com queijo e  
tomate, salada  
de macarrão  
integral e salada  
verde

Kiepska pizza  
pomidorowa Babeczki  
Pełnoziarnista sałatka z  
makaronem i zielona  
sałatka



## BBQ and Sweetcorn Pizza Slice Wholegrain Pasta Salad and Green Salad- KS1



Sałatka z  
makaronem  
pełnoziarnistym i  
sałatką zieloną z  
grilla i kukurydzą w  
plasterkach

Fatia de pizza  
de churrasco  
e milho doce,  
salada de  
macarrão  
integral e  
salada verde



## BBQ and Sweetcorn Pizza Slice Wholegrain Pasta Salad and Green Salad- KS2



Fatia de pizza  
de churrasco  
e milho doce,  
salada de  
macarrão  
integral e  
salada verde

Sałatka z  
makaronem  
pełnoziarnistym i  
sałatką zieloną z  
grilla i kukurydzą w  
plasterkach

# Toffee Apple Sponge- KS1



**Esponja De  
Maçã  
Caramelo**

**Gąbka  
Jabłkowa Toffi**

# Toffee Apple Sponge- KS2

TRADITIONAL



**Esponja De  
Maçã  
Caramelo**

**Gąbka  
Jabłkowa Toffi**

**Autumn/Winter 24- 25**

# Chicken and Sweetcorn Cobbler Herby Diced Potato and Carrots- KS1



Torta de frango e milho doce, batata em cubos com ervas e cenoura

Cobbler z kurczakiem i kukurydzą, pokrojone w kostkę ziemniaki i marchewka



# Chicken and Sweetcorn Cobbler Herby Diced Potato and Carrots- KS2



Torta de frango e milho doce, batata em cubos com ervas e cenoura

Cobbler z kurczakiem i kukurydzą, pokrojone w kostkę ziemniaki i marchewka

# Winter Vegetable Crumble Herby Diced Potato and Carrots- KS1



**Crumble de  
vegetais de  
inverno,  
batata em  
cubos com  
ervas e  
cenoura**

**Zimowa kruszonka  
warzywna Ziołowe  
pokrojone w kostkę  
ziemniaki i  
marchewka**

# Winter Vegetable Crumble Herby Diced Potato and Carrots- KS2



**Crumble de  
vegetais de  
inverno,  
batata em  
cubos com  
ervas e  
cenoura**

**Zimowa kruszonka  
warzywna Ziołowe  
pokrojone w kostkę  
ziemniaki i  
marchewka**



# Chocolate Sprinkle Iced Cake- KS1



**Bolo Gelado  
Polvilhado De  
Chocolate**

**Ciasto Mrożone  
Posypane  
Czekoladą**



# Chocolate Sprinkle Iced Cake- KS2



**Bolo Gelado  
Polvilhado De  
Chocolate**

**Ciasto Mrożone  
Posypane  
Czekoladą**

# Roast Pork, Roast Potatoes, Gravy and Mixed Greens- KS1

Porco Assado,  
Batata Assada,  
Molho e Verduras  
Mistas



Pieczona  
wieprzowina,  
pieczone  
ziemniaki, sos i  
mieszanka  
warzyw

# Roast Pork, Roast Potatoes, Gravy and Mixed Greens- KS2

Porco Assado,  
Batata Assada,  
Molho e Verduras  
Mistas



Pieczona  
wieprzowina,  
pieczone  
ziemniaki, sos i  
mieszanka  
warzyw



# Cauliflower Cheese, Crispy Onion Topping, Roast Potatoes and Mixed Greens- KS1



Ser kalafiorowy,  
chrupiąca  
polewa  
cebulowa,  
pieczone  
ziemniaki i  
mieszanka  
warzyw

Queijo de  
couve-flor,  
cobertura de  
cebola  
crocante,  
batata assada  
e mix de  
verduras



# Cauliflower Cheese, Crispy Onion Topping, Roast Potatoes and Mixed Greens- KS2



Ser kalafiorowy,  
chrupiąca  
polewa  
cebulowa,  
pieczone  
ziemniaki i  
mieszanka  
warzyw

Queijo de  
couve-flor,  
cobertura de  
cebola  
crocante,  
batata assada  
e mix de  
verduras

# Raspberry Coconut Jelly- KS1



**Geléia De  
Framboesa E  
Coco**

**Galaretka  
malinowo-koko  
sowa**

# Raspberry Coconut Jelly- KS2

TRADITIONAL



**Geléia De  
Framboesa E  
Coco**

**Galaretka  
malinowo-koko  
sowa**

**Autumn/Winter 24- 25**



TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

# Classic Cottage Pie with Peas- KS1



**Torta  
Cottage  
Clássica  
com Ervilhas**

**Klasyczna  
szarlotka z  
groszkiem**

**Autumn/Winter 24- 25**

TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

## Classic Cottage Pie with Peas- KS2



**Torta  
Cottage  
Clássica  
com Ervilhas**

**Klasyczna  
szarlotka z  
groszkiem**

**Autumn/Winter 24- 25**

TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

## Roasted Sweet Potato Pastry Roll with Mash and Peas- KS1

**Rolinho de  
Batata Doce  
Assada com  
Purê e  
Ervilhas**



**Roladka z  
pieczonych  
słodkich  
ziemniaków z  
puree i  
grozkiem**

Autumn/Winter 24- 25

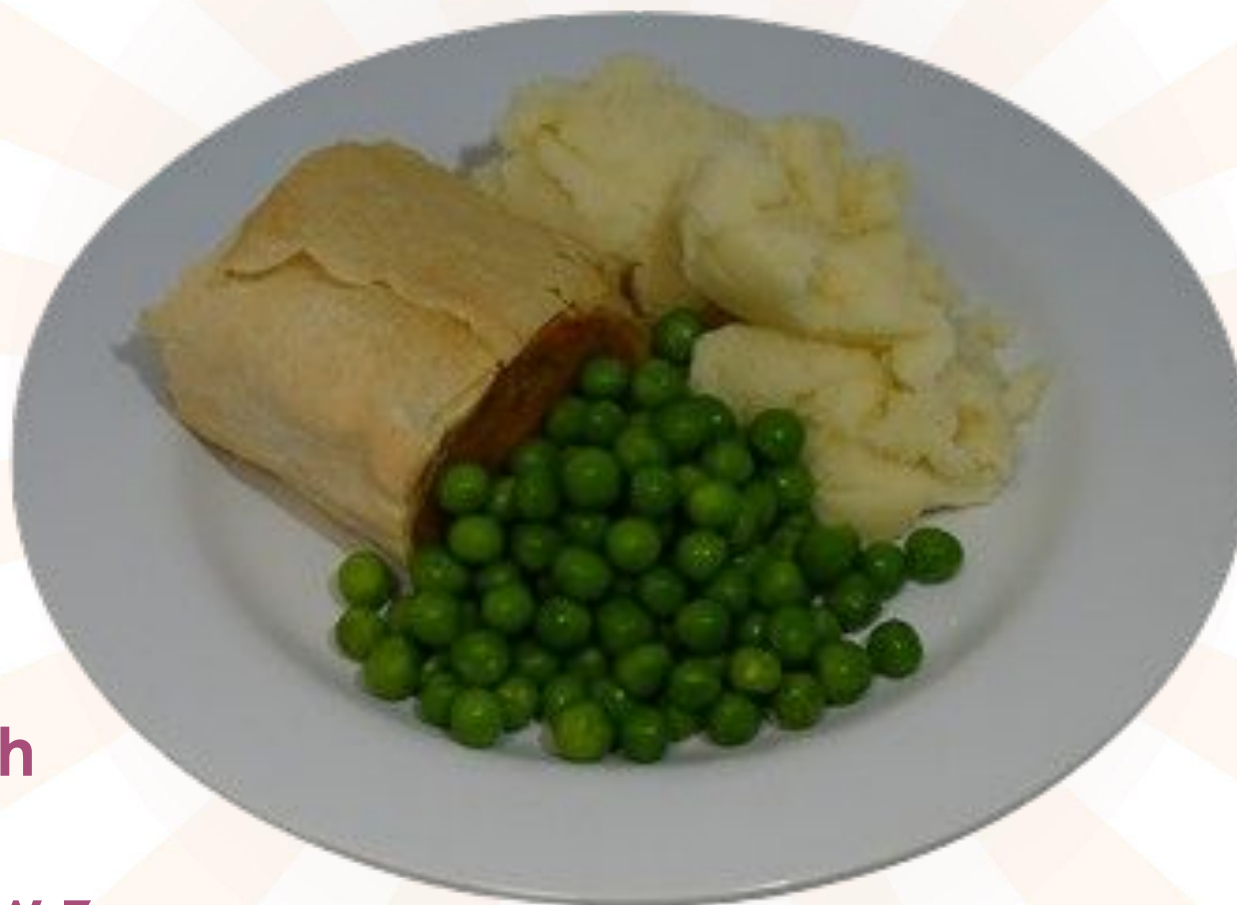


TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

## Roasted Sweet Potato Pastry Roll with Mash and Peas- KS2

**Rolinho de  
Batata Doce  
Assada com  
Purê e  
Ervilhas**



**Roladka z  
pieczonych  
słodkich  
ziemniaków z  
puree i  
grozkiem**

Autumn/Winter 24- 25

# Fresh Fruit Salad- KS1

TRADITIONAL



**Salada de  
frutas frescas**

**Świeża sałatka  
owocowa**

**Autumn/Winter 24- 25**

## Fresh Fruit Salad- KS2

TRADITIONAL



**Salada de  
frutas frescas**

**Świeża sałatka  
owocowa**

**Autumn/Winter 24- 25**



# Battered Fish with Chips and Baked Beans- KS1



**Peixe  
empanado  
com batatas  
fritas e feijão  
assado**

**Panierowana  
Ryba Z Frytkami  
I Pieczoną  
Fasolą**

**Autumn/Winter 24- 25**

# Battered Fish with Chips and Baked Beans- KS2



**Peixe  
empanado  
com batatas  
fritas e feijão  
assado**

**Panierowana  
Ryba Z Frytkami  
I Pieczoną  
Fasolą**

**Autumn/Winter 24- 25**

# Cheese and Tomato Toasted Wrap with Chips and Baked Beans- KS1



Wrap Torrado  
de Queijo e  
Tomate com  
Batatas Fritas  
e Feijão  
Assado

Wrap Tostowy  
Serowo-Pomido  
rowy z Frytkami  
i Fasolką po  
bretońsku



# Cheese and Tomato Toasted Wrap with Chips and Baked Beans- KS2



Wrap Torrado  
de Queijo e  
Tomate com  
Batatas Fritas  
e Feijão  
Assado

Wrap Tostowy  
Serowo-Pomido  
rowy z Frytkami  
i Fasolką po  
bretońsku

# Anzac Biscuits- KS1

TRADITIONAL



**Biscoitos  
Anzac**

**Ciastka  
Anzac**

Autumn/Winter 24- 25

# Anzac Biscuits- KS2

TRADITIONAL



**Biscoitos  
Anzac**

**Ciastka  
Anzac**

Autumn/Winter 24- 25

TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

# American Style Macaroni Cheese with Carrots- KS1



**Macarrão  
com Queijo  
Estilo  
Americano  
com Cenoura**

**Makaron  
Serowy Z  
Marchewką W  
Stylu  
Amerykańskim**

**Autumn/Winter 24- 25**



# American Style Macaroni Cheese with Carrots- KS2



**Macarrão  
com Queijo  
Estilo  
Americano  
com Cenoura**

**Makaron  
Serowy Z  
Marchewką W  
Stylu  
Amerykańskim**

# Veggie Wholegrain Pasta Bolognese with Carrots- KS1



**Massa  
Vegetariana  
Integral à  
Bolonhesa  
com Cenoura**

**Wegetariański  
Pełnoziarnisty  
Makaron  
Boloński Z  
Marchewką**

**Autumn/Winter 24- 25**

# Veggie Wholegrain Pasta Bolognese with Carrots- KS2



**Massa  
Vegetariana  
Integral à  
Bolonhesa  
com Cenoura**

**Wegetariański  
Pełnoziarnisty  
Makaron  
Boloński Z  
Marchewką**

**Autumn/Winter 24- 25**

# Marble Cake- KS1

TRADITIONAL



**Bolo  
mármore**

**Ciasto  
Marmurowe**

Autumn/Winter 24- 25



# Marble Cake- KS2

TRADITIONAL



**Bolo  
mármore**

**Ciasto  
Marmurowe**

Autumn/Winter 24- 25

TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

# Sausage Casserole with Mash and Roast Root Veggies- KS1

Caçarola de  
Salsicha com  
Purê e Vegetais  
de Raiz Assada



Zapiekanka z  
kielbasą z puree i  
pieczonymi  
warzywami  
korzeniowymi

Autumn/Winter 24- 25

TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

## Sausage Casserole with Mash and Roast Root Veggies- KS2

Caçarola de  
Salsicha com  
Purê e  
Vegetais de  
Raiz Assada



Zapiekanka z kielbasą z  
puree i pieczonymi  
warzywami korzeniowymi

Autumn/Winter 24- 25



TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

# Vegetable Pot Pie with Mash and Roast Root Veggies- KS1

**Torta de legumes  
com purê e  
vegetais de raiz  
assada**



**Ciasto  
warzywne z  
puree i  
pieczonymi  
warzywami  
korzeniowymi**

Autumn/Winter 24- 25



TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

## Vegetable Pot Pie with Mash and Roast Root Veggies- KS2

**Torta de legumes  
com purê e  
vegetais de raiz  
assada**



**Ciasto  
warzywne z  
puree i  
pieczonymi  
warzywami  
korzeniowymi**

Autumn/Winter 24- 25

# Apple, Cinnamon Raisin Flapjacks- KS1



Flapjacks de  
maçã, canela  
e passas

Płatki  
jabłkowo-cynamonowo  
-rodzynkowe

# Apple, Cinnamon Raisin Flapjacks- KS2



Flapjacks de  
maçã, canela  
e passas

Płatki  
jabłkowo-cynamonowo  
-rodzynkowe

# Roast Chicken, Stuffing, Roast Potatoes, Gravy, Peas and Sweetcorn- KS1



Pieczony  
kurczak, farsz,  
pieczone  
ziemniaki, sos,  
groszek i  
kukurydza  
cukrowa

Frango  
Assado,  
Recheio,  
Batata Assada,  
Molho, Ervilhas  
e Milho Doce



# Roast Chicken, Stuffing, Roast Potatoes, Gravy, Peas and Sweetcorn- KS2



Pieczony  
kurczak, farsz,  
pieczone  
ziemniaki, sos,  
grostek i  
kukurydza  
cukrowa

Frango  
Assado,  
Recheio,  
Batata Assada,  
Molho, Ervilhas  
e Milho Doce

# Carrot and Stuffing Pastry Plait with Peas and Sweetcorn- KS1



Trança de  
Cenoura e  
Recheio com  
Ervilhas e Milho  
Doce

Warkocz  
marchewkowo-  
farszowy z  
groszkiem i  
kukurydzą

# Carrot and Stuffing Pastry Plait with Peas and Sweetcorn- KS2



Trança de  
Cenoura e  
Recheio com  
Ervilhas e Milho  
Doce

Warkocz  
marchewkowo-  
farszowy z  
groszkiem i  
kukurydzą

# Orange and Mango Jelly- KS1



**Geléia de  
Laranja e  
Manga**

**Galaretka  
Pomarańczowo  
-Mango**



# Orange and Mango Jelly- KS2



**Geléia de  
Laranja e  
Manga**

**Galaretka  
Pomarańczowo  
-Mango**

TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

# Meatballs in Tomato Sauce with Rice and Broccoli- KS1

**Almôndegas  
em Molho de  
Tomate com  
Arroz e Brócolis**



**Klopsiki w sosie  
pomidorowym  
z ryżem i  
brokułami**

Autumn/Winter 24- 25

TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

## Meatballs in Tomato Sauce with Rice and Broccoli- KS2

**Almôndegas  
em Molho de  
Tomate com  
Arroz e Brócolis**



**Klopsiki w sosie  
pomidorowym  
z ryżem i  
brokułami**

Autumn/Winter 24- 25

TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

# Mild Veggie Bean Chilli Loaded Wedges with Cheese and Broccoli- KS1



**Fatias de  
feijão  
vegetariano  
suave com  
pimenta e  
queijo e  
brócolis**

**Łagodne krążki  
chili  
wegetariańskie  
j z serem i  
brokułami**

Autumn/Winter 24- 25



TRADITIONAL

**FOOD  
FESTIVAL**  
By Aspens

## Mild Veggie Bean Chilli Loaded Wedges with Cheese and Broccoli- KS2

Fatias de  
feijão  
vegetariano  
suave com  
pimenta e  
queijo e  
brócolis



Łagodne krążki  
chili  
wegetariańskie  
j z serem i  
brokułami

Autumn/Winter 24- 25

# Banana Bread Muffins- KS1 & KS2



**Muffins De  
Pão De  
Banana**

**Babeczki  
Bananowe**

# Vegetable Fingers with Chips and Baked Beans- KS1



Dedos de  
legumes  
com batatas  
fritas e feijão

Paluszki Warzywne Z  
Frytkami I Fasolką



# Vegetable Fingers with Chips and Baked Beans- KS2



Dedos de  
legumes  
com batatas  
fritas e feijão

Paluszki Warzywne Z  
Frytkami I Fasolką



# Gingerbread Cookies- KS1

TRADITIONAL



**Biscoitos  
de  
gengibre**

**Pierniki**

# Gingerbread Cookies- KS2

TRADITIONAL



**Biscoitos  
de  
gengibre**

**Pierniki**

# Jacket Potato with Beans - KS1



**Batata  
Revestida  
com Feijão**

**Ziemniaki w  
mundurkach z  
fasolą**

Autumn/Winter 24- 25

# Jacket Potato with Beans - KS2

**Batata  
Revestida  
com Feijão**



**Ziemniaki w  
mundurkach z  
fasolką**

Autumn/Winter 24- 25



# Jacket Potato with Cheese - KS1

**Batata  
Revestida  
com Queijo**



**Ziemniaki w  
mundurkach z  
serem**

Autumn/Winter 24- 25

# Jacket Potato with Cheese - KS2

**Batata  
Revestida  
com Queijo**



**Ziemniaki w  
mundurkach z  
serem**

**Autumn/Winter 24- 25**

# Jacket Potato with Tuna Mayo - KS1



**Batata  
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Maionese  
de Atum**

**Ziemniaki w  
mundurkach z  
majonezem z  
tuńczyka**

## Jacket Potato with Tuna Mayo - KS2



**Batata  
Revestida  
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Maionese  
de Atum**

**Ziemniaki w  
mundurkach z  
majonezem z  
tuńczyka**