

## Spring / Summer Menu Week 1

14<sup>th</sup> April, 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> June, 7<sup>th</sup> July, 28<sup>th</sup> July, 18<sup>th</sup> Aug, 8<sup>th</sup> Sept, 29<sup>th</sup> Sept, 20<sup>th</sup> Oct

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option</b>	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Chicken Fajita Pasta	Roast Chicken with Gravy, Stuffing & Mashed Potato	Tuna Melt	MSC Fish Fingers & Chips
<b>Vegetarian Meal Option</b>	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges	Mild Sweet Potato & Chickpea Curry & Mixed Wholegrain & White Rice <sup>VG</sup>	Shepherd's Pie <sup>VG</sup>	Wholemeal Margherita Pizza & Pasta Salad	Cheese Flan, Chips & Ketchup
<b>Vegetables</b>	Broccoli & Cauliflower	British Red Tractor Garden Peas, Sliced Carrots	Broccoli & Carrots	British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
<b>Sandwiches</b>	Cheese	Ham	Tuna Mayo	Cheese	Ham
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese, Salmon Mayo, or Beans
<b>Dessert</b>	Banana Mousse & Orange Smiles	Marble Sponge <sup>VG</sup> & Custard/Chocolate Sauce	Strawberry Jelly with Watermelon Slice <sup>VG</sup>	Vanilla Cookie <sup>VG</sup>	Iced Sponge Cake

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan


























VG

England's target for 'free sugar' intake for your child

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

## Spring / Summer Menu Week 2

21<sup>st</sup> April, 12<sup>th</sup> May, 2<sup>nd</sup> June, 23<sup>rd</sup> June, 14<sup>th</sup> July, 4<sup>th</sup> Aug, 25<sup>th</sup> Aug, 15<sup>th</sup> Sept, 6<sup>th</sup> Oct, 27<sup>th</sup> Oct

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option</b>	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes 	Wholemeal Margherita Pizza & Sunny Rice 	Fish & Chips 
<b>Vegetarian Meal Option</b>	Cheese & Onion Pastry Roll & Home-baked Potato Wedges 	Plant-based Pasta Bolognese & Garlic Bread Vg 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Cheesy Bean Pitta 	Crispy Vegetable Fingers & Chips Vg 
<b>Vegetables</b>	British Red Tractor Garden Peas, Baked Beans 	Broccoli & Carrots 	Carrots & Sweetcorn 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Tuna Mayo	Ham	Cheese & Tomato Panini	Tuna Mayo	Cheese
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 
<b>Dessert</b>	Banana Cake Vg & Custard 	Shortbread & Orange Slices Vg 	Chocolate Brownie 	Flapjack Vg 	Chocolate Oaty Slice Vg 

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish




















Vegan VG

England's target for 'free sugar' intake for your child

Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

## Spring / Summer Menu Week 3

28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July, 11<sup>th</sup> Aug, 1<sup>st</sup> Sept, 22<sup>nd</sup> Sept, 13<sup>th</sup> Oct, 3<sup>rd</sup> Nov

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option</b>	Sweet & Sour Chicken Meatballs & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad 	MSC Fish Fingers & Chips
<b>Vegetarian Meal Option</b>	Cheesy Tomato Pasta Bake 	Vegetable Chilli Rice Pot <sup>VG</sup>	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Flan & Home-baked Potato Wedges	Crispy Vegetable Fingers & Chips <sup>VG</sup>
<b>Vegetables</b>	Carrots & Sweetcorn 	Sweetcorn & Carrots 	Broccoli & Cauliflower 	Cauliflower & Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Cheese	Ham	Hot Roast Baguette	Tuna Mayo	Cheese
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 
<b>Dessert</b>	Strawberry Mousse & Fruit Slices 	Chocolate Cookie & Orange Wedges <sup>VG</sup> 	Vanilla Cupcake	Chocolate Crunch 'Concrete' <sup>VG</sup> & Chocolate Sauce	Homemade Jam Sponge & Custard

Portion(s) of  
fruit or veg



Source of  
wholegrain



Contains  
plant-based  
proteins



50%  
fruit



Oily  
fish



Vegan VG

England's target for 'free sugar' intake for your child

Recommended fruit and vegetable portion sizes are calculated using School Food Standards.  
On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.