

Spring / Summer Menu Week 1

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



WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Margherita Pizza & Pasta Salad 	MSC Fish Fingers & Chips With Ketchup
Main Meal Option 2	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges 	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VG} 	Cheese Flan, Chips & Ketchup
Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn 	British Red Tractor Garden Peas, Sliced Carrots 	Broccoli, Cauliflower & Carrots 	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans 
Dessert	Banana Mousse & Orange Smiles 	Marble Sponge ^{VG} & Custard	Strawberry Jelly with Watermelon Slice ^{VG} 	Vanilla Cookie ^{VG}	Iced Sponge Cake with Sprinkles

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

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



WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes 	Wholemeal Margherita Pizza & Tomato Pasta Salad 	MSC Fish Fingers & Chips With Ketchup
Main Meal Option 2	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 & Tomato Pasta Salad 	Crispy Vegetable Fingers & Chips with Ketchup
Vegetables	British Red Tractor Garden Peas, Baked Beans 	Broccoli, Cauliflower & Carrots 	Broccoli, Carrots & Sweetcorn 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
Dessert	Banana Cake Vg & Custard 	Shortbread & Orange Slices Vg 	Hidden Fruit Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg








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Spring / Summer Menu Week 3

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



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Sweet & Sour Chicken Meatballs & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Chicken, Gravy, Stuffing & Mashed Potato	Margherita Pizza & Tomato Pasta Salad 	MSC Fish Fingers & Chips & Ketchup
Main Meal Option 2	Cheesy Tomato Pasta Bake 	Vegetable Lasagne & Garlic Bread 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Bean Burrito & Potato Wedges ^{VG} 	Cheese & Onion Puff Pastry Roll & Chips & Ketchup
Vegetables	British Red Tractor Garden Peas, Baked Beans 	Broccoli, Cauliflower & Carrots 	Broccoli, Carrots & Sweetcorn 	British Red Tractor Garden Peas or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
Dessert	Strawberry Mousse & Fruit Slices 	Chocolate Cookie & Orange Wedges ^{VG} 	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VG} & 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

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On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.