



























# 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 1</b>	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
<b>Main Meal Option 2</b>	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges 	Mild Sweet Potato & Chickpea Curry & Mixed Wholegrain & White Rice <sup>VG</sup>  	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Rainbow Vegetable Lentil Pitta Pockets & Hummus <sup>VG</sup>  	Cheese Roll, Chips & Ketchup
<b>Vegetables</b>	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 
<b>Sandwiches, Rice &amp; Pasta</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Tomato & Basil Sauce				
<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	Strawberry Jelly with Watermelon Slice <sup>VG</sup> 	Vanilla Cookie <sup>VG</sup>	Iced Sponge Cake with Sprinkles

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan

VE

























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 1</b>	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
<b>Main Meal Option 2</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, Cauliflower & Carrots 	Broccoli, Carrots & Sweetcorn 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches, Rice &amp; Pasta</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Cheese or Tomato & Basil Sauce				
<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 	Hidden Fruit 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





















VE

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 1</b>	Sweet & Sour Chicken Meatballs & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Chicken Gravy, Stuffing & Mashed Potato/Roast Potatoes 	Margherita Pizza & Tomato Pasta Salad 	MSC Fish Fingers & Chips
<b>Main Meal Option 2</b>	Cheesy Tomato Pasta Bake 	Vegetable Lasagne & Garlic Bread 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Roll & Home-baked Potato Wedges 	Crispy Vegetable Fingers & Chips <sup>VG</sup>
<b>Vegetables</b>	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 
<b>Sandwiches, Rice &amp; Pasta</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Cheese or Tomato & Basil Sauce				
<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	Homemade Jam Sponge & Custard	Chocolate Crunch 'Concrete'

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan

VE

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.