












# Spring Summer Menu 23 – Week One

1st May, 22nd May, 12th June, 3rd July, 4th Sept, 25th Sept, 16th Oct



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WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Fish Fingers & Herby Diced Potatoes	Italian Chicken & Mixed Rice 	Roast Chicken, Roast Potatoes & Gravy with Yorkshire Puddings	Sausage Pasta Bake	Chicken Goujons, Chips & Tomato Ketchup
VEGETARIAN	Cheese & Tomato Pizza & Herby Diced Potatoes 	Beany Tomato Ragu & Fluffy Cous Cous 	Quorn Roast, Roast Potatoes & Gravy with Yorkshire puddings	Vegetable Sausage Pasta Bake 	Cheesy Pea Pasta
SANDWICH/JACKET POTATO OPTION	Ham or Cheese or Tuna Sandwich	Jacket Potato with Cheese, Beans or Tuna or Cheese Sandwich	Tuna Sandwich	Jacket Potato with Cheese, Beans or Tuna or Ham Sandwich	Ham or Cheese Wrap
VEGETABLES	Carrot & Cucumber Mixed Vegetables 	Garden Peas Carrots 	Cauliflower Seasonal Greens 	Green Beans Sweetcorn, Salad 	Baked Beans Peas 
DESSERT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce	Ice Cream & Banana 	Vanilla Blondie & Apple Wedges 	Strawberry Muffin

**Available Daily:** Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish














**Our desserts meet Public Health 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 23 – Week Two

8th May, 29th May, 19th June, 10th July, 11th Sept, 2nd Oct, 23rd Oct



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Pepperoni Pizza & Herby Diced Potatoes 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Pork, Roast Potatoes & Gravy with Stuffing	Chicken Tikka Curry & Mixed Rice 	Battered Fish, Chips & Tomato Ketchup
VEGETARIAN	Rainbow Pizza & Herby Diced Potatoes 	Veggie Meatballs, Tomato Sauce & Pasta	Vegetable Sausage, Roast Potatoes & Gravy with Stuffing	Cheese & Onion Pastry Roll & Potato Wedges	Margherita Macaroni 
SANDWICH/ JACKET POTATO OPTION	Ham or Cheese Sandwich	Jacket Potato with Cheese, Beans or Tuna or Cheese Sandwich	Tuna Sandwich	Jacket Potato with Cheese, Beans or Tuna or Ham Sandwich	Tuna or Cheese Wrap
VEGETABLES	Sweetcorn, Peas Salad 	Green Beans Cauliflower 	Carrots Savoy Cabbage 	Mixed Vegetables Salad 	Baked Beans Peas 
DESSERT	Flapjack Finger	Chocolate & Banana Muffin & Apple Wedges 	Strawberry Jelly & Mandarins 	Fruity Jam Bun & Custard	Chocolate Ice Cream

**Available Daily:** Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish












**Our desserts meet Public Health England's target for 'free sugar' intake for your child.**

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# Spring Summer Menu 23 – Week Three

24th April, 15th May, 5th June, 26th June, 17th July, 18th Sept, 9th Oct



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Fish Fingers & Herby Diced Potatoes	Pork Hot Dog & Baked Potato Wedges	Roast Chicken, Roast Potatoes & Gravy with Yorkshire puddings	BBQ Chicken, Vegetable Burrito & Mixed Rice 	Chicken Goujons, Chips & Tomato Ketchup
VEGETARIAN	Cheese & Tomato Pizza & Herby Diced Potatoes 	Veggie Hot Dog & Baked Potato Wedges	Vegetable Sausage, Roast Potatoes & Gravy with Yorkshire pudding	BBQ Vegetable Burrito & Mixed Rice	Macaroni Cheese
SANDWICH/ JACKET POTATO OPTION	Ham or Cheese or Tuna Sandwich	Jacket Potato with Cheese, Beans or Tuna or Cheese Sandwich	Tuna Sandwich	Jacket Potato with Cheese, Beans or Tuna or Ham Sandwich	Ham or Tuna Wrap
VEGETABLES	Mixed Vegetables Salad 	Peas, Sweetcorn 	Spring Greens Cauliflower 	Green Beans Carrots 	Baked Beans Garden Peas 
DESSERT	Chocolate Shortbread Biscuit	Fruity Flapjack with Banana 	Oat Crunch Biscuit	Apple Sponge & Custard 	Chocolate Cornflake Cake

**Available Daily:** Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



**Our desserts meet Public Health 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.