


















# Spring / Summer Menu Week 1




















WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Wholemeal Margherita Pizza & Pasta Salad	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato	Pork Sausage Toad in the Hole & Home-baked Potato Wedges 	MSC Fish Fingers, Chips & Beans
<b>Main Meal Option 2</b>	Tomato Pasta Bake	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese, Onion & Potato Pie and Potato Wedges (V) 	Cheese Flan & Chips 
<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</b>	Freshly Made Sandwich with Cheddar Cheese, Tuna Mayo or Ham				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheese, Tuna Mayo or Beans 	Jacket Potato with Cheese, Tuna Mayo or Beans 	Jacket Potato with Cheese, Tuna Mayo or Beans 	Jacket Potato with Cheese, Tuna Mayo or Beans 	Jacket Potato with Cheese, Tuna Mayo or Beans 
<b>Dessert</b>	Banana Mousse & Orange Smiles 	Marble Sponge <sup>VG</sup>	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
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**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





















WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
<b>Red</b>	Wholemeal Margherita Pizza & Tomato Pasta Salad 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Blue</b>	Cheesy Bean Wrap 	Veggie Sausage with Mash & Gravy Vg 	Vegetable & Chickpea Fajita Wrap & Roast Potatoes 	Macaroni Cheese	Crispy Vegetable Finger & Chips 
<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</b>	Freshly Made Sandwich with Cheddar or Ham or Tuna Mayo				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheese, Tuna Mayo or Beans 	Jacket Potato with Cheese, Tuna Mayo or Beans 	Jacket Potato with Cheese, Tuna Mayo or Beans 	Jacket Potato with Cheese, Tuna Mayo or Beans 	Jacket Potato with Cheese, Tuna Mayo or Beans 
<b>Dessert</b>	Banana Cake Vg 	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
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# Spring / Summer Menu Week 3



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
<b>Red</b>	Margherita Pizza & Tomato Pasta Salad 	Beef Lasagna & Garlic Bread 	Roast Chicken Gravy, Stuffing & Roast Potatoes	Sweet & Sour Chicken Meatballs & Sunny Rice	MSC Fish Fingers & Chips
<b>Blue</b>	Cheesy Tomato Pasta Bake 	Vegetable Lasagna & Garlic Bread 	Veggie Sausages & Roast Potatoes 	Cheesy Bean Wrap 	Cheese & Onion Puff Pastry Roll
<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</b>	Freshly Made Sandwich with Cheddar Cheese, Tuna Mayo or Ham				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheese, Tuna or Beans 	Jacket Potato with Cheese, Tuna or Beans 	Jacket Potato with Cheese, Tuna or Beans 	Jacket Potato with Cheese, Tuna or Beans 	Jacket Potato with Cheese, Tuna or Beans 
<b>Dessert</b>	Strawberry Mousse & Fruit Slices 	Chocolate Cookie & Orange Wedges <sup>VG</sup> 	Vanilla Cupcake	Chocolate Crunch 'Concrete' <sup>VG</sup>	Homemade Jam Sponge

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish		Vegan	VE
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