













# Spring Summer Menu 23 – Week One



V15S23

10th April, 1st May, 22nd May, 12th June, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	<b>Cheese &amp; Tomato Pizza, Herby Diced Potatoes</b> 	<b>Italian Chicken &amp; Mixed Rice</b> 	<b>Roast Chicken Roast Potatoes &amp; Gravy</b>	<b>Sausage Pasta Bake</b>	<b>Fish Fingers, Chips &amp; Tomato Ketchup</b>
VEGETARIAN	<b>Jacket Wedges with Baked Beans</b>  or <b>Cheese</b>	<b>Beany Tomato Ragu &amp; Fluffy Cous Cous</b> 	<b>Vegetable Sausage, Roast Potatoes &amp; Gravy</b>	<b>Vegetable Sausage Pasta Bake</b> 	<b>Cheesy Pea Pasta</b>
VEGETABLES	<b>Carrot &amp; Cucumber Mixed Vegetables</b> 	<b>Garden Peas Carrots</b> 	<b>Cauliflower Seasonal Greens</b> 	<b>Green Beans Sweetcorn, Salad</b> 	<b>Baked Beans Peas</b> 
SANDWICHES, JACKETES,	<b>Freshly Made Sandwich</b> with Cheddar, Tuna Mayonnaise or Ham <b>Freshly Baked Jacket Potato</b> with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	<b>Oat &amp; Raisin Cookie</b>	<b>Chocolate Sponge with Chocolate Sauce or Custard</b>	<b>Ice Cream &amp; Banana</b> 	<b>Vanilla Blondie &amp; Apple Wedges</b> 	<b>Strawberry Muffin/ Traybake</b>

**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



17th April, 8th May, 29th May, 19th June, 10th July, 31st July, 21st Aug, 11th sept, 2nd Oct, 23rd Oct

WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Rainbow Pizza, Herby Diced Potatoes 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken Roast Potatoes & Gravy	Chicken Tikka Curry & Mixed Rice 	Battered Fish Chips & Tomato Ketchup
VEGETARIAN	Jacket Wedges with Baked Beans  or Cheese	Veggie Burger & Potato Wedges	Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Pastry Roll & Potato Wedges	Margherita Macaroni 
VEGETABLES	Sweetcorn, Peas Salad 	Green Beans Cauliflower 	Carrots Savoy Cabbage 	Mixed Vegetables Salad 	Baked Beans Peas 
SANDWICHES, JACKETS,	<b>Freshly Made Sandwich with</b> Cheddar, Tuna Mayonnaise or Ham <b>Freshly Baked Jacket Potato with</b> Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Flapjack Finger	Chocolate & Banana Muffin & Apple Wedges 	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 












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# Spring Summer Menu 23 – Week Three



3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	<b>Cheese &amp; Tomato Pizza &amp; Herby Diced Potatoes</b> 	<b>Pork Hot Dog &amp; Baked Potato Wedges</b>	<b>Roast Chicken Roast Potatoes &amp; Gravy</b>	<b>BBQ Chicken, Vegetable Burrito &amp; Mixed Rice</b> 	<b>Fish Fingers, Chips &amp; Tomato Ketchup</b>
VEGETARIAN	<b>Jacket Wedges with Baked Beans or Cheese</b> 	<b>Veggie Mince Pasta Bake</b> 	<b>Vegetable Sausage, Roast Potatoes &amp; Gravy</b>	<b>Cheese &amp; Onion Quiche &amp; Diced Potatoes</b>	<b>Macaroni Cheese</b>
VEGETABLES	<b>Mixed Vegetables Salad</b> 	<b>Peas, Sweetcorn</b> 	<b>Spring Greens Cauliflower</b> 	<b>Green Beans Carrots</b> 	<b>Baked Beans Garden Peas</b> 
SANDWICHES, JACKETS,	<b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</b> <b>Freshly Baked Jacket Potato with Tuna &amp; Mayonnaise, Grated Cheese or Baked Beans</b>				
DESSERT	<b>Chocolate Shortbread Biscuit</b>	<b>Fruity Flapjack with Banana</b> 	<b>Oat Crunch Biscuit</b>	<b>Apple Sponge &amp; Custard</b> 	<b>Chocolate Cornflake Cake</b>

**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


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