



## Spring Summer Menu - Week One

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 OPTION 1	Cheese & Tomato Pizza, Herby Diced Potatoes	Italian Chicken & Mixed Rice	Roast Chicken Potatoes & Gravy	Chicken Sausage Pasta Bake	Fish Fingers, Chips & Tomato Ketchup		
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans or Cheese	Beany Tomato Ragu & Fluffy Cous Cous	Quorn Roast or Vegetable Sausage, Roast Potatoes & Gravy	Vegetable Sausage Pasta Bake	Cheesy Pea Pasta		
VEGETABLES	Carrot & Cucumber Mixed Vegetables	Garden Peas Carrots	Cauliflower Seasonal Greens	Green Beans Sweetcorn, Salad	Baked Beans Peas		
SANDWICHES, JACKETS, RICE & PASTA	Freshly Baked Jacket Potato with Salmon & Mayonnaise ���, Tuna & Mayonnaise, Grated Cheese or Baked Beans  Jollof Rice with 5 Beans or Pasta with Cheese or Tomato Sauce						
DESSERT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce or Custard	Ice Cream & Banana	Vanilla Blondie & Apple Wedges	Strawberry Muffin/ Traybake		

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









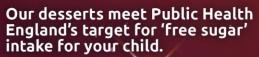


















## Spring Summer Menu - Week Two

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 OPTION 1	Rainbow Pizza, Herby Diced Potatoes	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken Potatoes & Gravy	Chicken Tikka Curry & Mixed Rice	Battered Fish or Fish Fingers, Chips & Tomato Ketchup		
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans or Cheese	Veggie Burger & Potato Wedges	Quorn Roast or 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, RICE & PASTA	Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans Jollof Rice with 5 Beans or Pasta with Cheese or Tomato Sauce						
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



















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 - Week Three**

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

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WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	Cheese & Tomato Pizza &	Chicken Hot Dog	Roast Chicken Potatoes &	BBQ Chicken, Vegetable	Fish Fingers,		
MAIN	Herby Diced Potatoes	& Baked Potato Wedges	Gravy	Burrito & Mixed Rice	Chips & Tomato Ketchup		
OPTION 1				5			
	Jacket Wedges	Veggie Mince Pasta Bake	<b>Quorn Roast</b> or	Cheese & Onion Quiche &	Macaroni Cheese		
VEGETARIAN	with Baked Beans	4	Vegetable Sausage, Roast	Diced Potatoes			
OPTION 1			Potatoes & Gravy				
	or <b>Cheese</b>						
	Mixed Vegetables	Peas, Sweetcorn	Spring Greens Cauliflower	Green Beans	Baked Beans		
VEGETABLES	Salad			Carrots	Garden Peas		
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SANDWICHES,							
JACKETS,	Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans						
RICE & PASTA	Jollof Rice with 5 Beans or Pasta with Cheese or Tomato Sauce						
	Chocolate Shortbread Biscuit	Fruity Flapjack with Banana	Oat Crunch Biscuit	Apple Sponge & Custard	Chocolate Cornflake Cake		
DESSERT		50%		503			

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









Contains plant-based proteins









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.

