















## Spring Summer Menu 23 – 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	<b>Cheese &amp; Tomato Pizza, Baked Potato Wedges</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; Mixed Rice</b> 	<b>Vegetable Sausage, Roast Potatoes &amp; Gravy</b>	<b>Vegetable Sausage Pasta Bake</b> 	<b>Cheesy Pea Pasta</b>
VEGETABLES	<b>Mixed Vegetables</b> 	<b>Garden Peas Carrots</b> 	<b>Cauliflower Broccoli</b> 	<b>Green Beans Sweetcorn</b> 	<b>Baked Beans Peas</b> 
SANDWICHES & JACKETS	<b>Freshly Made Sandwich</b> with Cheddar, Tuna Mayonnaise or Ham <b>Freshly Baked Jacket Potato</b> - Served with the filling of the day				
DESSERT	<b>Oat &amp; Raisin Cookie</b>	<b>Chocolate Sponge with Chocolate Sauce</b>	<b>Ice Cream &amp; Banana</b> 	<b>Vanilla Blondie &amp; Apple Wedges</b> 	<b>Strawberry Muffin</b>

**Available Daily:** Pick & Mix Selection, Salad Selection, 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 ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	<b>Cheese &amp; Tomato, Baked Potato Wedges</b> 	<b>Chicken &amp; Sweetcorn Meatballs, Tomato Sauce &amp; Pasta</b>	<b>Roast Chicken, Roast Potatoes &amp; Gravy</b>	<b>Chicken Tikka Curry &amp; Mixed Rice</b> 	<b>Fish Fingers, Chips &amp; Tomato Ketchup</b>
VEGETARIAN	<b>Jacket Wedges with Baked Beans or Cheese</b> 	<b>Veggie Burger &amp; Potato Wedges</b>	<b>Vegetable Sausage, Roast Potatoes &amp; Gravy</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Mixed Salad</b>	<b>Margherita Macaroni</b> 
VEGETABLES	<b>Sweetcorn, Peas</b> 	<b>Green Beans Cauliflower</b> 	<b>Carrots Broccoli</b> 	<b>Mixed Vegetables</b> 	<b>Baked Beans Peas</b> 
SANDWICHES & JACKETS	<b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</b> <b>Freshly Baked Jacket Potato – Served with the filling of the day</b>				
DESSERT	<b>Flapjack Finger</b>	<b>Chocolate &amp; Banana Muffin</b> 	<b>Jelly &amp; Mandarins</b> 	<b>Fruity Jam Bun &amp; Custard</b>	<b>Chocolate Ice Cream</b>

**Available Daily:** Pick & Mix Selection, Salad Selection, 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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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 Three



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

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	<b>Cheese &amp; Tomato Pizza &amp; ½ Baked Potato</b> 	<b>Pork Hot Dog &amp; Baked 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</b>  or <b>Cheese</b>	<b>Veggie Mince Pasta Bake</b> 	<b>Vegetable Sausage, Roast Potatoes &amp; Gravy</b>	<b>Cheese &amp; Onion Quiche with Diced Potatoes</b>	<b>Macaroni Cheese</b>
VEGETABLES	<b>Mixed Vegetables Salad</b> 	<b>Peas, Sweetcorn</b> 	<b>Carrots 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 – Served with the filling of the day</b>				
DESSERT	<b>Chocolate Shortbread</b>	<b>Fruity Flapjack</b> 	<b>Oat Crunch Biscuit</b>	<b>Apple Sponge &amp; Custard</b> 	<b>Chocolate Cornflake Cake</b>

**Available Daily:** Pick & Mix Selection, Salad Selection, 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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