













# Spring Summer Menu – Week One

w/c 11<sup>th</sup> Sept, 2<sup>nd</sup> Oct



V15523

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>Traditional Toad in the Hole with Mashed Potatoes</b>	<b>Beef Bolognese served with Spaghetti</b>	<b>Fish Fingers with Chips</b>
VEGETARIAN	<b>Jacket Wedges with Baked Beans</b>  or <b>Cheese</b>	<b>Beany Tomato Ragu &amp; Fluffy Cous Cous</b> 	<b>Quorn Roast Mashed 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</b> 	<b>Baked Beans Peas</b> 
JACKETS,	<b>Freshly Made Sandwich</b> with Cheddar, Tuna Mayonnaise or Ham <b>Freshly Baked Jacket Potato</b>  , Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	<b>Oat &amp; Raisin Cookie</b>	<b>Chocolate Sponge with Chocolate Sauce</b>	<b>Ice Cream</b>	<b>Vanilla Blondie</b> 	<b>Strawberry Muffin</b>

**Available Daily:** 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 – Week Two

w/c 18<sup>th</sup> Sept, 9<sup>th</sup> Oct



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	<b>Rainbow Pizza, Herby Diced Potatoes</b> 	<b>Chicken &amp; Sweetcorn Meatballs, Tomato Sauce &amp; Pasta</b>	<b>Roast Chicken, Roast Potatoes &amp; Gravy</b>	<b>Chicken Curry &amp; Mixed Rice</b> 	<b>Fish Fingers, Chips</b>
VEGETARIAN	<b>Jacket Wedges with Baked Beans or Cheese</b>	<b>Veggie Burger &amp; Potato Wedges</b>	<b>Quorn Roast Roast Potatoes &amp; Gravy</b>	<b>Cheese &amp; Onion Pastry Roll &amp; Potato Wedges</b>	<b>Margherita Macaroni</b> 
VEGETABLES	<b>Sweetcorn, Peas Salad</b> 	<b>Green Beans Cauliflower</b> 	<b>Carrots Savoy Cabbage</b> 	<b>Mixed Vegetables Salad</b> 	<b>Baked Beans Peas</b> 
JACKETS,	<b>Freshly Made Sandwich</b> with Cheddar, Tuna Mayonnaise or Ham <b>Freshly Baked Jacket Potato with</b> Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	<b>Flapjack Finger</b>	<b>Chocolate Muffin</b>	<b>Jelly &amp; Mandarins</b> 	<b>Fruity Jam Bun &amp; Custard</b>	<b>Chocolate Ice Cream</b>

**Available Daily:** 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 – Week Three

w/c 4<sup>th</sup> Sept, 25<sup>th</sup> Sept, 16<sup>th</sup> 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>Savoury Mince served in a Yorkshire Pudding &amp; Mashed Potatoes</b>	<b>BBQ Chicken, Vegetable Burrito &amp; Mixed Rice</b> 	<b>Fish Fingers, Chips</b>
VEGETARIAN	<b>Jacket Wedges with Baked Beans or Cheese</b>	<b>Veggie Mince Pasta Bake</b> 	<b>Vegetable Sausage, Mashed 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> 
JACKETS,	<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>Chocolate Shortbread Biscuit</b>	<b>Fruity Flapjack</b>	<b>Oat Crunch Biscuit</b>	<b>Apple Sponge &amp; Custard</b>	<b>Chocolate Cornflake Cake</b>

**Available Daily: 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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