















Spring / Summer Menu Week 1

14th April, 5th May, 26th May, 16th June, 7th July, 28th July, 18th, Aug, 8th Sept, 29th Sept, 20th Oct



WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Whole meal Margherita Pizza & Pasta Salad 	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Veggie Bolognaise	Vegetable Lasagna & Garlic Bread	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable & Bean Quesadilla (Wraps) 	Veggie Fingers & Chips
Vegetables	Peas & Carrots 	Sweetcorn & Green Beans 	Broccoli, Cauliflower 	Carrot & Green Beans 	British Red Tractor Garden Peas, Baked Beans 
Sandwich Option		Ham, Cheese Or Tuna Sandwich		Ham, Cheese Or Tuna Sandwich	
Baked Jacket Potatoes/ Pasta	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Macaroni Cheese	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Macaroni Cheese	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans 
Dessert	Banana Mousse & Orange Smiles 	Strawberry Jelly with Watermelon Slice ^{VG}	Marble Sponge ^{VG} & Custard 	Vanilla Cookie ^{VG}	Iced Sponge Cake with Sprinkles

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan VG

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.