

















# Spring / Summer Menu Week 3

28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July, 11<sup>th</sup> Aug, 1<sup>st</sup> Sept, 22<sup>nd</sup> Sept, 13<sup>th</sup> Oct, 3<sup>rd</sup> Nov



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Margherita Pizza & Tomato Pasta Salad 	Beef Lasagna & Garlic Bread 	Roast Chicken Gravy, Stuffing & Mashed Potato/Roast Potatoes	Sweet & Sour Chicken Meatballs & Sunny Rice 	MSC Fish Fingers & Chips
<b>Main Meal Option 2</b>	Cheese Flan & Home-baked Potato Wedges	Chinese Sweet Chili Quorn Stir Fry & Mixed Rice <sup>VG</sup> 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheesy Tomato Pasta Bake 	Loaded Pizza Muffin & Chips
<b>Vegetables</b>	British Red Tractor Garden Peas & Sweetcorn 	Peas & Beans 	Broccoli & Cauliflower 	Green Beans & Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwich Option</b>		Ham, Cheese Or Tuna Sandwich		Ham, Cheese Or Tuna Sandwich	
<b>Baked Jacket Potatoes/ Pasta</b>	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 or Cheese or Beans 
<b>Dessert</b>	Strawberry Mousse & Fruit Slices 	Chocolate Cookie & Orange Wedges <sup>VG</sup> 	Vanilla Cupcake	Homemade Jam Sponge & Custard	Strawberry Jelly with Watermelon Slice

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.