








# Spring Summer 24 – Week One

9 Sept, 30 Sept, 21 Oct



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread 	All Day Breakfast Pork Sausage served with Baked Omelette, Country Diced Potatoes & Baked Beans or Sweetcorn	Roast Chicken served with Skin on Roast Potatoes & Gravy	Creamy Korma Style Chicken & Lentil Curry served with Rice 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option 2	Creamy Vegetable Penne Pasta Carbonara 	All Day Veggie Sausage Breakfast Served with Country Diced Potatoes & Baked Beans or Sweetcorn	Roasted Vegetable & Lentil Loaf with Ketchup Glaze 	Cauliflower Cheese & Pasta Bake 	Cheese Quiche Served with Chips & Tomato Ketchup
Baguettes or Jacket Potato	Jacket Potato Cheese or Baked Bean	Filled Baguette Ham	Jacket Potato Cheese or Baked Bean	Filled Baguette Cheese	Jacket Potato Cheese or Baked Bean
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Marble Sponge & Custard	Chocolate Shortbread Biscuits (Ve) & Fruit Slices 	Iced Banana Traybake	Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice 	Chocolate Ice Cream

Available Daily: Mixed Salad 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 24 – Week Two

## 16 Sept, 7 Oct



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Macaroni Cheese	Wholemeal Cheese & Tomato Pizza served with Garlic Bread 	Roast Chicken served with Skin on Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option 2	Quorn Burger in a Bun Served with Skin On Home baked Wedges	Vegetarian Chilli Wedge Bake 	Vegemince Cottage Pie (Ve) 	Veggie Mince Bolognese & Penne Pasta (Ve) 	Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup
Filled Baguettes	Jacket Potato Cheese or Baked Bean	Filled Baguette Ham	Jacket Potato Cheese or Baked Bean	Filled Baguette Cheese	Jacket Potato Cheese or Baked Bean
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Ginger & Mandarin Traybake 	Strawberry Jelly (Ve)	Freshly Baked Chocolate Cookie (Ve)	Flapjack Finger With a fresh slice of Watermelon (Ve) 	Homemade Shortbread Biscuits (Ve)

Available Daily: Mixed Salad 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 24 – Week Three

## 2 Sept, 23 Sept, 14 Oct



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread 	Farm Assured Pork Sausage Roll with Homemade Skin on Baked Potato Wedges	Roast Chicken served with Skin on Roast Potatoes & Gravy	BBQ Chicken & Vegetables served with Noodles 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option 2	Mildly Spiced Vegetable Chilli & Rice (Ve) 	Macaroni Cheese	Savoury Vegetable Mince & Gravy served with a Yorkshire Pudding & Skin on Roast Potatoes 	Cheese and Tomato Melt Served with Skin on Baked Potato Wedges	Cheesy Beans Pitta Pocket & Chips 
Filled Sandwiches/ Baguettes	Jacket Potato Cheese or Baked Bean	Filled Baguette Ham	Jacket Potato Cheese or Baked Bean	Filled Baguette Cheese	Jacket Potato Cheese or Baked Bean
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Baked Apple Sponge served with Custard 	Tutti Frutti Jelly and Mandarins (Ve) 	Freshly Baked Vanilla Cookie (Ve)	Zesty Lemon & Blueberry Yoghurt Cake	Homemade Flapjack (Ve)

Available Daily: Mixed Salad 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.

