











## Spring Summer 24 – Week Three

29 Apr, 20 May, 10 June, 1 July, 22 July, 12 Aug, 2 Sept, 23 Sept, 14 Oct

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat 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	Gently Spiced Moroccan Chicken Tagine served with Summer Vegetable Rainbow Cous Cous 	Korean Style Sticky BBQ Chicken Vegetables served with Noodles 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option 2	Mildly Spiced Vegetable Chilli & Rice  N/A	Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges	Gently Spiced Moroccan Roasted Chickpea Tagine served with Summer Vegetable Rainbow Cous Cous NDP 	Korean Style Sticky BBQ Quorn, Vegetables & Noodles 	Homemade Cheese & Tomato Pizza Whirl & Chips
Pasta Choice	Pasta with tomato sauce or Pasta with cheese	Pasta with tomato sauce or Pasta with cheese	Pasta with tomato sauce or Pasta with cheese	Pasta with tomato sauce or Pasta with cheese	Pasta with tomato sauce or Pasta with cheese
Jacket or Sandwiches	Jacket Potato	Choice of Sandwich Ham or Cheese	Choice of Sandwich Ham or Cheese	Choice of Sandwich Ham or Cheese	Jacket Potato
Vegetables	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 	Freshly Baked Vanilla Cookie	Zesty Lemon & Blueberry Yoghurt Cake	Homemade Flapjack

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.