























Spring/Summer Menu Week 1

15th Sept, 6th Oct

WEEK ONE	GREEN EARTH MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Meat Option	Cheese & Onion roll with Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad 	Fish Fingers & Chips
Vegetarian Option	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges 	Macaroni Cheese	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VG} 	Cheese Flan, Chips & Ketchup
Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn 	British Red Tractor Garden Peas, Sliced Carrots 	Broccoli, Cauliflower & Carrots 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Pasta	Pasta with Cheese or Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly Made Sandwich with Cheddar, Ham or Tuna	Freshly Made Sandwich with Cheddar, Ham or Tuna	Freshly Made Sandwich with Cheddar, Ham or Tuna	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, or Beans 
Dessert	Banana Mousse & Orange Smiles 	Marble Sponge ^{VG} & Custard	Strawberry Jelly with Watermelon Slice ^{VG} 	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 	VE
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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.