



Spring Summer Menu 23 - Week One



10th April, 1st May, 22nd May, 12th June, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza, Herby Diced Potatoes	Italian Chicken & Mixed Rice	Roast Chicken Roast Potatoes & Gravy	Sausage Pasta Bake	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN	Jacket Wedges with Baked Beans or Cheese	Beany Tomato Ragu & Fluffy Cous Cous	Vegetable Sausage, Roast Potatoes & Gravy	Vegetable Sausage Pasta Bake	Cheesy Pea Pasta
VEGETABLES	Carrot & Cucumber Mixed Vegetables	Garden Peas Carrots	Cauliflower Seasonal Greens	Green Beans Sweetcorn, Salad	Baked Beans Peas
SANDWICHES, JACKETS,	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce or Custard	Ice Cream & Banana	Vanilla Blondie & Apple Wedges	Strawberry Muffin/ Traybake

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, 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 indicated using Public Health England's '5 a day' message. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



Spring Summer Menu 23 - Week Two



17th April, 8th May, 29th May, 19th June, 10th July, 31st July, 21st Aug, 11th sept, 2nd Oct, 23rd Oct

WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Rainbow Pizza, Herby Diced Potatoes	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken Roast Potatoes & Gravy	Chicken Tikka Curry & Mixed Rice	Battered Fish Chips & Tomato Ketchup
VEGETARIAN	Jacket Wedges with Baked Beans or Cheese	Veggie Burger & Potato Wedges	Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Pastry Roll & Potato Wedges	Margherita Macaroni
VEGETABLES	Sweetcorn, Peas Salad	Green Beans Cauliflower	Carrots Savoy Cabbage	Mixed Vegetables Salad	Baked Beans Peas
SANDWICHES, JACKETS,	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Flapjack Finger	Chocolate & Banana Muffin & Apple Wedges	Jelly & Mandarins	Fruity Jam Bun & Custard	Chocolate Ice Cream

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, 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 indicated using Public Health England's '5 a day' message. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

Spring Summer Menu 23 – Week Three



3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza & Herby Diced Potatoes 	Pork Hot Dog & Baked Potato Wedges	Roast Chicken Roast Potatoes & Gravy	BBQ Chicken, Vegetable Burrito & Mixed Rice 	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN	Jacket Wedges with Baked Beans or Cheese 	Veggie Mince Pasta Bake 	Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Quiche & Diced Potatoes	Macaroni Cheese
VEGETABLES	Mixed Vegetables Salad 	Peas, Sweetcorn 	Spring Greens Cauliflower 	Green Beans Carrots 	Baked Beans Garden Peas
SANDWICHES, JACKETS,	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Chocolate Shortbread Biscuit	Fruity Flapjack with Banana 	Oat Crunch Biscuit	Apple Sponge & Custard 	Chocolate Cornflake Cake

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish
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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.