















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, Baked Potato Wedges 	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 & Mixed Rice 	Vegetable Sausage, Roast Potatoes & Gravy	Vegetable Sausage Pasta Bake 	Cheesy Pea Pasta
VEGETABLES	Mixed Vegetables 	Garden Peas Carrots 	Cauliflower Broccoli 	Green Beans Sweetcorn 	Baked Beans Peas 
SANDWICHES & JACKETS	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce	Ice Cream & Banana 	Vanilla Blondie & Apple Wedges 	Strawberry Muffin

Available Daily: Pick & Mix Selection, Salad Selection, 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 calculated using School Food Standards. 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 ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Rainbow Pizza, Baked Potato Wedges 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken, Roast Potatoes & Gravy	Chicken Tikka Curry & Mixed Rice 	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN	Jacket Wedges with Baked Beans or Cheese 	Veggie Burger & Potato Wedges	Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Pastry Roll & Mixed Salad 	Margherita Macaroni 
VEGETABLES	Sweetcorn, Peas Salad 	Green Beans Cauliflower 	Carrots Broccoli 	Mixed Vegetables 	Baked Beans Peas 
SANDWICHES & JACKETS	<p>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans</p>				
DESSERT	Flapjack Finger 	Chocolate & Banana Muffin 	Chocolate Ice Cream	Fruity Jam Bun & Custard	Jelly & Mandarins 

Available Daily: Pick & Mix Selection, Salad Selection, 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 calculated using School Food Standards. 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 ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza & ½ Baked Potato 	Pork Hot Dog & Baked 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 with Diced Potatoes	Macaroni Cheese
VEGETABLES	Mixed Vegetables Salad 	Peas, Sweetcorn 	Carrots 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	Fruity Flapjack 	Oat Crunch Biscuit	Apple Sponge & Custard 	Chocolate Cornflake Cake

Available Daily: Pick & Mix Selection, Salad Selection, 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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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.