


























Spring / Summer Menu Week 1

13th Apr, 4th May, 15th Jun, 6th Jul, 7th Sept, 28th Sept, 19th Oct



WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Sausage in a Roll with Tomato Pasta Salad 	Mild Beef & Bean Chilli & Yellow Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes 	Wholemeal Tomato & Cheese Pizza & Tomato Pasta 	Fish Fingers & Chips 
Main Meal Option 2	Vegetable Sausage in a Roll with Tomato Pasta Salad ^{VG} 	Macaroni Cheese with Vegetables or Salad 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Wholemeal Tomato & Cheese Pizza & Tomato Pasta 	Cheese & Onion Bake & Chips 
Vegetables	Coleslaw & Garden Peas 	Vegetable Sticks or Sweetcorn 	Seasonal Greens & Carrots 	Broccoli, Carrots & Cauliflower or Mixed Salad 	Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich Monday - Tuna Mayo, Tuesday – Ham, Wednesday – Cheese, Thursday – Ham, Friday - Cheese				
Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo, Cheese or Salmon Mayo 
Dessert	Chocolate Fudge Cake 	Apple & Cinnamon Rolls 	Strawberry Jelly ^{VG} 	Fruit Slices & Vanilla Cookie ^{VG} 	Vanilla or 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 	Vegan VG 
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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.