













# Spring / Summer Menu Week 1

14<sup>th</sup> April, 5<sup>th</sup> May, 26<sup>th</sup> May, 16<sup>th</sup> June, 7<sup>th</sup> July, 28<sup>th</sup> July, 18<sup>th</sup>, Aug, 8<sup>th</sup> Sept, 29<sup>th</sup> Sept, 20<sup>th</sup> Oct



WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Jacket Wedges 	MSC Fish Fingers & Chips
<b>Main Meal Option 2</b>	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges 	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Rainbow Vegetable Lentil Pitta Pockets & Hummus <sup>VG</sup> 	Cheese Flan, Chips & Ketchup
<b>Vegetables</b>	Broccoli & Sweetcorn 	British Red Tractor Garden Peas, Sliced Carrots 	Broccoli & Cauliflower 	British Red Tractor Garden Peas & Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes &amp; Pasta</b>	Pasta with Cheese or Toamto & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Toamto & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Toamto & Basil Sauce
<b>Dessert</b>	Banana Mousse	Marble Sponge <sup>VG</sup> & Chocolate Sauce	Strawberry Jelly	Vanilla Cookie <sup>VG</sup>	Iced Sponge Cake with Sprinkles

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan VG

**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.