














# Spring / Summer Menu Week 3

28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June, 21<sup>st</sup> July, 11<sup>th</sup> Aug, 1<sup>st</sup> Sept, 22<sup>nd</sup> Sept, 13<sup>th</sup> Oct, 3<sup>rd</sup> Nov



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Sweet & Sour Chicken Meatballs & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Jacket Wedges 	MSC Fish Fingers & Chips
<b>Main Meal Option 2</b>	Sweet & Sour Veggie Meatballs & Sunny Rice <sup>VG</sup> 	Vegetable Lasagne & Garlic Bread 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Flan & Home-baked Potato Wedges	Cheese & Onion Puff Pastry Roll
<b>Vegetables</b>	British Red Tractor Garden Peas, Baked Beans 	Cauliflower & Carrots 	Broccoli & Sweetcorn 	British Red Tractor Garden Peas & Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes &amp; Pasta</b>	Pasta with Cheese or Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Pasta with Cheese or Tomato & Basil Sauce
<b>Dessert</b>	Strawberry Mousse	Chocolate Cookie <sup>VG</sup>	Vanilla Cupcake	Chocolate Crunch 'Concrete' <sup>VG</sup> & Chocolate Sauce	Homemade Jam Sponge & Custard








**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.