

Spring Summer 24 – Week One

15 Apr, 6 May, 27 May, 17 June, 8 July, 29 July, 19 August, 9 Sept, 30 Sept, 21 Oct



| WEEK ONE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|---|---|--|--|
| Main Meal Option | Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread  | All Day Pork Sausage Breakfast served with Baked Omelette, Country Diced Potatoes & Baked Beans or Sweetcorn | Chicken Pie & Mashed Potatoes | Creamy Korma Chicken Curry served with Mixed Rice  | Friday Fish Fingers served with Chips & Tomato Ketchup |
| Vegetarian Main Meal Option | Creamy Vegetable Penne Pasta Carbonara  | All Day Vegetarian breakfast served with Baked omelette Diced Potatoes and Beans | Veggie mince cottage pie served with Mashed Potato  | Cauliflower Cheese & pasta bake  | Cheese Flan/Quiche With Chips |
| Jacket/ Sandwiches | Cheese Sandwich | Jacket Potato with Cheese, Tuna or Beans | | Jacket Potato with Cheese, Tuna or Beans | |
| Vegetables | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad |
| Dessert | Marble Sponge & Custard | Chocolate Shortbread Biscuits (Ve)& Fruit Slices  | Iced Banana Traybake | Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice  | 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 calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

Spring Summer 24 – Week Two

22 Apr, 13 May, 3 June, 24 June, 15 July, 5 Aug, 26 Aug, 16 Sept, 7 Oct



| WEEK TWO | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|--|--|---|---|--|
| Main Meal Option 1 | Macaroni Cheese | Summer Hot Dog Baguette Served with Home Made Wedges  | Roast Gammon Served with Skin on Roast Potatoes & Gravy | Beef Bolognese & Penne Pasta  | Friday Fish Fingers Served with Chips & Tomato Ketchup |
| Vegetarian Main Meal Option | Vegetable Enchiladas served with Rice | Summer Veggie Sausage Hot Dog Baguette (Ve) Served with Home Made Wedges  | Veggie Mince Cottage Pie | Veggie Mince Bolognaise | Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup |
| Jacket/sandwich | Cheese Sandwich | Sandwiches with Tuna or Ham | | Jacket Potato with Cheese Tuna or Beans | |
| Vegetables | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad |
| Dessert | Ginger & Mandarin Traybake  | Chocolate Cookie | Strawberry Jelly | Flapjack Finger (Ve) with a fresh slice of Watermelon  | Homemade Shortbread Biscuits (Ve) |

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

Portion(s) of fruit or veg



Source of wholegrain



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| WEEK THREE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|--|---|--|---|--|
| Main Meal Option 1 | Homemade Cheese & Tomato Pizza & Homemade Wedges | Pork Sausage Roll With Homemade Skin on Baked Potato Wedges | Lightly Spiced Tomato Chicken & Rice | BBQ Chicken & Vegetables Served With Noodles  | Friday Fish Fingers Served With Chips & Tomato Ketchup |
| Vegetarian Main Meal Option | Mildly Spiced Vegetable Chilli & Rice  | Cheese & Onion Puff Pastry Roll Served With Homemade Skin on Baked Potato Wedges | Vegetable Mince & Gravy Served with a Yorkshire Pudding and Skin On Roast Potato | Korean Style Sticky BBQ Quorn, Vegetables & Noodles  | Cheese & Tomato Pizza Whirl & Chips |
| Jacket/Sandwich | Cheese Sandwich | Sandwiches with Tuna or Ham | | Jacket Potato with Cheese Tuna or Beans | |
| Vegetables | Selection of Daily Vegetables & Mixed Fresh Salad | Selection Of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad | Selection of Daily Vegetables & Mixed Fresh Salad | Selection Of Daily Vegetables & Mixed Fresh Salad |
| Dessert | Baked Apple Sponge Served With Custard  | Tutti Frutti Jelly and Mandarins (Ve)  | Freshly Baked Vanilla Cookie (Ve) | Zesty Lemon & Blueberry Yoghurt Cake | Homemade Flapjack (Ve) |

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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