










# Spring Summer 24 – Week One

8 Apr, 29 April, 20 May, 10 June, 1 July, 22 July, 12 August, 2 Sept, 23 Sept, 14 Oct



| WEEK ONE                             | GREEN EARTH MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--------------------------------------|--|---|---|--|--|
| <b>Main Meal Option 1 Vegetarian</b> | Creamy Vegetable Penne Pasta Carbonara   | All Day Veggie Sausage Breakfast Served with Country Diced Potatoes & Baked Beans or Sweetcorn  | Veg Mince & Vegetable Pie (Ve) served with Mashed Potato<br> | Cauliflower Cheese & Pasta Bake (ve)<br>                | Cheese Quiche Served with Chips & Tomato Ketchup   |
| <b>Main Meal Option 2</b>            | Cheese & Tomato Pizza Served with Garlic Bread   | All Day Pork Sausage Served with Baked Omelette, Country Diced Potatoes, Baked Beans or Sweetcorn                                       | Chicken Pie & Mashed Potatoes   | Chicken in a box Served with wedges & southern fried gravy   | Friday Fish Fingers served with Chips & Tomato Ketchup   |
| <b>Pasta</b>                         | Pasta with Tomato Sauce<br> | Pasta with Tomato Sauce<br>                            | Pasta with Tomato Sauce<br>                                  | Pasta with Tomato Sauce<br>                             | Pasta with Tomato Sauce<br> |
| <b>Jacket Potatoes</b>               | Jacket Potato with Cheese, Baked Beans or Tuna   | Jacket Potato with Cheese, Baked Beans or Tuna  | Jacket Potato with Cheese, Baked Beans or Tuna  | Jacket Potato with Cheese, Baked Beans or Tuna   | Jacket Potato with Cheese, Baked Beans or Tuna   |
| <b>Sandwiches</b>                    | Sandwiches with Cheese, Tuna or Ham  | Sandwiches with Cheese, Tuna or Ham   | Sandwiches with Cheese, Tuna or Ham   | Sandwiches with Cheese, Tuna or Ham  | Sandwiches with Cheese, Tuna or Ham  |
| <b>Vegetables</b>                    | 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  |
| <b>Dessert</b>                       | Marble Sponge & Custard  | Chocolate Shortbread Biscuits (Ve)& Fruit Slices<br> | Iced Banana Traybake  | Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice<br> | 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

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



| WEEK TWO                             | GREEN EARTH MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--------------------------------------|---|---|---|--|--|
| <b>Main Meal Option 1 Vegetarian</b> | Macaroni Cheese   | Summer Vegie Sausage Hot Dog Baguette<br>Served with Freshly Made Coleslaw Salad<br> | Veg Mince Cottage Pie served with Skin on Roast Potatoes & Gravy<br> | Veggie Mince Bolognese & Penne Pasta (Ve)<br>               | Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup   |
| <b>Main Meal Option 2</b>            | Cheese & Tomato Pizza Served with Garlic Bread  | Summer Hot Dog Baguette served with Freshly Made Coleslaw Salad<br>                  | Roast Gammon served with Skin on Roast Potatoes & Gravy   | Beef Bolognese/ Halal Beef Bolognese & Penne Pasta<br>      | Friday Fish Fingers served with Chips & Tomato Ketchup   |
| <b>Pasta</b>                         | Pasta with Tomato Sauce<br>      | Pasta with Tomato Sauce<br>  | Pasta with Tomato Sauce<br>  | Pasta with Tomato Sauce<br>                                 | Pasta with Tomato Sauce<br> |
| <b>Jacket Potatoes</b>               | Jacket Potato with Cheese, Baked Beans or Tuna  | Jacket Potato with Cheese, Baked Beans or Tuna  | Jacket Potato with Cheese, Baked Beans or Tuna  | Jacket Potato with Cheese, Baked Beans or Tuna   | Jacket Potato with Cheese, Baked Beans or Tuna   |
| <b>Sandwiches</b>                    | Sandwiches with Cheese, Tuna or Ham   | Sandwiches with Cheese, Tuna or Ham   | Sandwiches with Cheese, Tuna or Ham   | Sandwiches with Cheese, Tuna or Ham  | Sandwiches with Cheese, Tuna or Ham  |
| <b>Vegetables</b>                    | 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  |
| <b>Dessert</b>                       | Ginger & Mandarin Traybake<br> | Cornflake Bun   | Freshly Baked Chocolate Cookie (Ve)   | Flapjack Finger (Ve) With a fresh slice of Watermelon<br> | 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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Oily fish














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# Spring Summer 24 – Week Three

22 Apr, 13 May, 27 May, 3 June, 24 June, 15 July, 5 Aug, 26 Aug, 16 Sept, 7 Oct, 28 Oct



| WEEK THREE                       | GREEN EARTH MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|----------------------------------|--|---|--|--|---|
| Main Meal Option 1<br>Vegetarian | Mildly Spiced Vegetable Chilli & Rice (Ve)   | Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges  | Vegan Savoury Mince (Ve) Served Yorkshire Pudding & Skin on Roast Potatoes & Gravy  | Homemade Vegetarian Lasagne Served with Garlic Slice  | Homemade Cheese & Tomato Pizza Whirl & Chips  |
| Main Meal Option 2               | Cheese & Tomato Pizza Served with Garlic Bread   | Farm Assured Pork Sausage Roll served with Skin on Potato Wedges  | Savoury Mince served with Yorkshire Pudding & Skin Roast Potatoes & Gravy           | Homemade Beef Lasagne Served with Garlic Slice        | Friday Fish Fingers served with Chips & Tomato Ketchup  |
| Pasta                            | Pasta with Tomato Sauce                   | Pasta with Tomato Sauce                  | Pasta with Tomato Sauce   | Pasta with Tomato Sauce                               | Pasta with Tomato Sauce  |
| Jacket Potatoes                  | Jacket Potato with Cheese, Baked Beans or Tuna   | Jacket Potato with Cheese, Baked Beans or Tuna  | Jacket Potato with Cheese, Baked Beans or Tuna   | Jacket Potato with Cheese, Baked Beans or Tuna   | Jacket Potato with Cheese, Baked Beans or Tuna  |
| Sandwiches                       | Sandwiches with Cheese, Tuna or Ham  | Sandwiches with Cheese, Tuna or Ham   | Sandwiches with Cheese, Tuna or Ham  | Sandwiches with Cheese, Tuna or Ham  | Sandwiches with Cheese, Tuna or Ham   |
| 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 Cookie   | Homemade Flapjack (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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