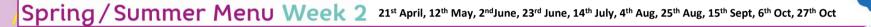




England's target for 'free sugar' intake for your child Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

FORCE FOR FOOD



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Main Meal Option 1	Margherita Pizza & Tomato	Red Tractor Beef Pasta	Roast Chicken, Gravy,	Red Tractor Pork Sausage	MSC Fish Fingers & Chips	
		Bolognese & Garlic Bread	Yorkshire Pudding & Roast	Roll & Home-baked Potato		
		🤣 🌄	Potatoes	Wedges		
Main Meal Option 2	Macaroni Cheese	Quorn Bolognese and garlic	Cheesy Bean Pitta	Veggie Sausage with Mash &	Tomato & Baked Bean	
		bread		Gravy Vg	Pasta Bake Vg	
		4		~	🧳 🌄	
Vegetables	British Red Tractor Garden	Broccoli, Cauliflower & Carrots	Broccoli, Carrots &	British Red Tractor Garden	British Red Tractor	
	Peas, Baked Beans		Sweetcorn	Peas, or Sliced Carrots	Garden Peas,	
			X	Č.	Baked Beans	
Sandwiches, Rice &	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham					
Pasta						
		Hot Pasta				
Baked Jacket Potatoes	Jacket Potato with Beans,	Jacket Potato with Beans, Tuna	Jacket Potato with Beans,	Jacket Potato with Beans,	Jacket Potato with Beans,	
	Tuna Mayo or Cheese	5 in 1	Tuna Mayo or Cheese	Tuna Mayo or Cheese	Tuna Mayo or Cheese	
		Mayo or Cheese 🌱 🔯				
Dessert	Banana Cake Vg & Custard	Shortbread & Orange Slices Vg	Hidden Fruit Chocolate	Flapjack Vg	Chocolate Oaty Slice Vg	
	60%	603	Brownie			

Portion(s) of truit or veg Source of truit or veg Source of truit or veg Source of truit or veg Vegan VE

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.

A FORCE FOR FOOD

		28 th April, 19 th May, 9 th J	une, 30 th June, 21 st July, 11 th Aug, 1	st Sept, 22 nd Sept, 13 th Oct, 3 rd Nov			
		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Main Meal Option 1	Margherita Pizza	Beef Lasagna & Garlic Bread	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potato	Veggie Meatball Sub with wedges (v)	Chicken Nuggets & Chips		
Main Meal Option 2	Cheesy Tomato Pasta Bake	Veggie Lasagna and Garlic Bread	Quorn Roast dinner ^{vG}	Hot Dog and Wedges	Cheese & Onion Puff Pastry Roll		
Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans		
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise Hot Pasta						
Baked Jacket Potatoes	Jacket Potato with Beans, Tuna Mayo or Cheese	jacket Potato with Beans, Tuna Mayo or Cheese	Jacket Potato with Beans, Tuna Mayo or Cheese	Jacket Potato with Beans, Tuna Mayo or Cheese	Jacket Potato with Beans, Tuna Mayo or Cheese		
Dessert	Strawberry Mousse & Fruit Slices	Chocolate Cookie & Orange Wedges ^{vG}	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VG} & Chocolate Sauce/ Custard	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.