

## Week 1 - Spring / Summer 2023 Menu

Week starting: 17th April, 8th May, 5th June, 26th June, 17th July, 18th September, 9th October



#### Tuesday

Wednesday

Shuggington

No added sugar

Friday

Option 1

Cheese & Tomato Pizza

with Potato Tots

Pork Sausages with Creamed Potato & Gravy Roast Pork
with Roast Potatoes
& Gravy

Wholemeal Pasta Beef Bolognese Harry Ramsden's Junior Battered Fish with Oven Chips

Option 2

Plant Based Sausage Roll with Potato Tots Meat-Free Sausage with Creamed Potato & Gravy Quorn Fillet with Roast Potatoes & Gravy ₩ Ricotta Cheese & ♥ Spinach Wholemeal Ravioli in Tomato Sauce

Garden Vegetable
Goujons
with Oven Chips \*\*

Option 3

Jacket Potato with Cheese, Beans, Tuna or Salmon

Cheese, Ham or Tuna Wrap Cheese & Tomato
Pasta Pot

Jacket Potato with Cheese, Beans, Tuna or Salmon

Cheese, or Tuna Wrap

Vegetables

Coleslaw Garden Peas Sweetcorn Green Beans Carrots Broccoli

Medley of Vegetables

Garden Peas Baked Beans

**Dessert** 

Shortbread Biscuit

Fruit Yoghurt

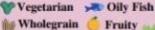
Orange & Mandarin Jelly with Whipped Creme Fraiche

Fresh Fruit Salad 6

Vanilla Ice Cream



Reduced sugar and salt recipes, Free for everyone in Reception, Year 1 and 2 Unlimited freshly baked bread and vegetables, crudités or salad bar every day Look out for these symbols on our healthy choices









# Twelve 15

## Week 2 - Spring / Summer 2023 Menu

Week starting: 24th April, 15th May, 12th June, 3rd July, 4th September, 25th Sep, 16th October



Tuesday

Wednesday

No added sugar Shuggington
Thursday

**Friday** 

Option 1

Ricotta & Mozzarella Filled Ravioli in Tomato Sauce

Beef Burger in a Bun with Oven Chips Roast Chicken with Roast Potatoes & Gravy

Sweet & Sour Pork with Noodles Fish Fingers with Potato Tots

Option 2

Meat-Free Sausage With Potato Wedges

Southern Style Meat-Free Burger in a Bun with Oven Chips Quorn Fillet with Roast Potatoes & Gravy Mac 'n' Cheese with Wholemeal Garlic

Veggie Burrito

Option 3

Jacket Potato with Cheese, Beans, Tuna or Salmon

Cheese, Ham or Tuna Wrap Cheese & Tomato
Pasta Pot \*\*

Jacket Potato with Cheese, Beans, Tuna or Salmon

Cheese, or Tuna Wrap

Vegetables

Green Beans Carrots Garden Peas Sweetcorn Cauliflower Carrots Sweetcorn Broccoli

Baked Beans Garden Peas

**Dessert** 

Banana Pancakes 🏶

Mixed Berry Mousse

Fruit Yoghurt

Cheese & Biscuits with Apple Slices

Chocolate & Beetroot Brownie with Whipped Creme Fraiche



Reduced sugar and salt recipes

Free for everyone in Reception, Year 1 and 2 Unlimited freshly baked bread and vegetables, crudités or salad bar every day Look out for these symbols on our healthy choices Vegetarian Oily Fish Wholegrain Fruity











### Week 3 - Spring / Summer 2023 Menu





Option 1

Option 2

Option 3

Vegetables

Dessert

Meat free Monday Wholemeal

Pasta Bake

Meat-Free Chilli

Jacket Potato with

Cheese, Beans, Tuna

Coleslaw

Broccoli

Fruit Yoghurt

or Salmon

Topped Wedges \*

**BBQ** Chicken

with Rice

Tuesday

Sweet Potato Whirl with Rice V

Cheese, Ham or Tuna Wrap

> Sweetcorn Garden Peas

Apple Muffin with Whipped Creme Fraiche

Wednesday

Roast Turkey Teddy Meatloaf with Roast Potatoes & Gravy

**Quorn Fillet** with Roast Potatoes & Gravy 🖤

Cheese & Tomato Pasta Pot 🖤

> Carrots Cabbage

Strawberry Mousse

Shuggington Thursday

No added sugar

Minced Beef & Vegetable Pie with New Potatoes & Gravv

Meat-Free Veggie Balls in Cheese & Tomato Sauce with Wholemeal Pasta ₩

Jacket Potato with Cheese, Beans, Tuna or Salmon

> Green Beans Sweetcorn

Fresh Fruit Salad

Waffle with Peaches & Whipped Creme Fraiche

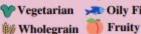
Cheese,

SALT

Reduced sugar and salt recipes Free for everyone in Reception, Year 1 and 2

Unlimited freshly baked bread and vegetables, crudités or salad bar every day

Look out for these symbols on our healthy choices Wegetarian Oily Fish







Friday

Harry Ramsden's

Junior Battered Fish

with Oven Chips

Meat-Free Sausage &

with Oven Chips

Wrap

**Baked Beans** 

**Garden Peas** 

Tomato Roll \*

or Tuna

