


















Spring / Summer Menu Week 3

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



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Sweet & Sour Chicken Meatballs & Sunny Rice 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Jacket Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Cheesy Tomato Pasta Bake 	Chinese Sweet Chilli Quorn Stir Fry & Mixed Rice ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Bean Burrito & Potato Wedges ^{VG} 	Cheese & Onion Puff Pastry Roll & Chips
Vegetables	British Red Tractor Garden Peas, Baked Beans 	Broccoli & Carrots 	Carrots & Sweetcorn 	British Red Tractor Garden Peas or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
Dessert	Chocolate Cookie	Strawberry Mousse	Vanilla Cupcake	Chocolate Brownie & 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.