

| WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: |
| Roast Gammon served with Skin on Roast Potatoes \& Gravy | Beef Bolognese \& Penne Pasta 40 | Friday Fish Fingers served with Chips \& Tomato Ketchup |
| Veg Mince Cottage Pie served with Skin on Roast Potatoes \& Gravy | Veggie Mince Bolognese \& Penne Pasta (Ve) | Cheese \& Onion Puff Pastry Roll Served with Chips \& Tomato Ketchup |
| Pasta with Tomato Sauce |  |  |
| t Potato with Cheese, Baked Beans or Tuna |  |  |
| andwiches/ Wraps with Cheese, Tuna or Ham |  |  |
| ion of Daily Vegetables \& Mixed Fresh Salad |  |  |
| Freshly Baked Chocolate Cookie (Ve) | 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 |  | $\begin{gathered} \text { Contains } \\ \text { plant-based } \\ \text { proteins } \end{gathered}$ |  | $\begin{aligned} & 50 \% \\ & \text { fruit } \end{aligned}$ | $50 x$ | Oily fish | - 0 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portion sizes are calculated
sing School Food Standards. On average our sing school food Standards. On average our recommended 'free sugar' intake.

| WEEK THREE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main Meal Option 1 | Wholemeal Cheese \& Tomato Pizza served with Wholemeal Garlic Bread | Farm Assured <br> Pork Sausage Roll with Homemade Skin on Baked Potato Wedges | Pork Sausage \& Mash Potato With Gravy | Korean Spiced Moroccan Sticky BBQ Chicken \& Vegetables \& Noodles | Friday Fish Fingers served with Chips \& Tomato Ketchup |
| Vegetarian Main Meal Option 2 | Mildly Spiced Vegetable <br> Chilli <br> \& Rice (Ve) | Cheese \& Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges | Quorn Sausage \& Mash Potato with Gravy | Korean Style Sticky BBQ Quorn, Vegetables \& Noodles (Ve) | Homemade Cheese \& Tomato Pizza Whirl \& Chips |
| Pasta | Pasta with Tomato Sauce |  |  |  |  |
| Jacket Potatoes | Jacket Potato with Cheese, Baked Beans or Tuna |  |  |  |  |
| Filled <br> Sandwiches or Wraps | Filled Sandwiches/ Wraps with Cheese, Tuna or Ham |  |  |  |  |
| Vegetables | 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



50\%
fruit

## Oily <br> fish



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