























# Spring / Summer Menu Week 3

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



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	Margherita Pizza & Tomato Pasta Salad 	Beef Lasagne & Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes 	Sweet & Sour Chicken Meatballs & Sunny Rice 	MSC Fish Fingers & Chips 
<b>Main Meal Option 2</b>	Bean Burrito & Potato Wedges <sup>VG</sup> 	Chinese Sweet Chilli Quorn Stir Fry & Mixed Rice <sup>VG</sup> 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheesy Tomato Pasta Bake 	Cheese & Onion Puff Pastry Roll & Chips 
<b>Vegetables</b>	Selection of Vegetables 	Selection of Vegetables 	Selection of Vegetables 	Selection of Vegetables 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches, Wraps &amp; Pasta</b>	Freshly Made Sandwich/Wrap with Cheddar, Tuna Mayonnaise or Ham / Pasta with Cheese or Tomato & Basil Sauce				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo, or Beans 	Jacket Potato with Tuna Mayo, Cheese or Beans 	Jacket Potato with Tuna Mayo, Cheese or Beans 	Jacket Potato with Tuna Mayo, Cheese or Beans 	Jacket Potato with Tuna Mayo, Cheese or Beans 
<b>Dessert</b>	Strawberry Mousse & Fruit Slices 	Chocolate Cookie & Orange Wedges <sup>VG</sup> 	Vanilla Cupcake	Chocolate Crunch 'Concrete' & Chocolate Sauce	Homemade Jam Sponge

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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.