











Spring Summer Menu 23 – Week One



10th April, 1st May, 22nd May, 12th June, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Cheese & Tomato Pizza (Vegan Available) 	Italian Chicken & Mixed Rice 	Roast Chicken, Roast Potatoes & Gravy	Sausage Pasta Bake	Breaded Fish Fingers & Chips
Vegetarian 1	Jacket Wedges with Baked Beans or Cheese (Vegan Available) 	Beany Tomato Ragu & Rice (Vegan) 	Quorn Roast, Roast Potatoes & Gravy	Vegetable Sausage Pasta Bake (Vegan) 	Cheesy Pea Pasta
Vegetarian 2 Friday's Only	*	*	*	*	Veggie Burger in a Bun & Chips (Vegan)
Vegetable	Salad & Mixed Vegetables 	Peas & Carrots 	Cauliflower & Carrots 	Green Beans & Salad 	Baked Beans Peas 
Jacket Potato or Pasta	Freshly Baked Jacket Potato with Tuna & Mayonnaise (Except Mondays), Grated Cheese (Vegan Available) or Baked Beans Pasta with Cheese Sauce – Tue/Thur - Tomato Sauce Mon/Wed/Fri or Grated Cheese (Vegan Available)				
Choice of Either Dessert of the Day, Yoghurt or Fruit	Oat & Raisin Traybake	Chocolate Sponge with Chocolate Sauce	Ice Cream	Vanilla Blondie	Strawberry Traybake

Available Daily: Pick & Mix Selection & Mixed Salad

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 












Our desserts meet Public Health 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.

Spring Summer Menu 23 – Week Two



17th April, 8th May, 29th May, 19th June, 10th July, 31st July, 21st Aug, 11th sept, 2nd Oct, 23rd Oct

WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Rainbow Pizza (Vegan Available) 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken, Roast Potatoes & Gravy	Chicken Tikka Curry & Mixed Rice 	Breaded Fish Fingers & Chips
Vegetarian 1	Jacket Wedges with Baked Beans or Cheese (Vegan Available) 	Veggie Burger & Potato Wedges	Vegetable Sausage, Roast Potatoes & Gravy (Vegan)	Cheese & Onion Pastry Roll & Potato Wedges	Vegan Sausages & Chips 
Vegetarian 2 Friday's Only	*	*	*	*	Margherita Macaroni
Vegetable	Sweetcorn & Salad 	Green Beans & Cauliflower 	Carrots & Peas 	Mixed Vegetables 	Baked Beans & Peas 
Jacket Potato or Pasta	Freshly Baked Jacket Potato with Tuna & Mayonnaise (Except Mondays), Grated Cheese (Vegan Available) or Baked Beans Pasta with Cheese Sauce – Tue/Thur - Tomato Sauce Mon/Wed/Fri or Grated Cheese (Vegan Available)				
Choice of Either Dessert of the Day, Yoghurt or Fruit	Flapjack Finger (Vegan)	Jelly & Mandarins (Vegan) 	Chocolate & banana Muffin 	Fruit Jam Sponge & Custard	Chocolate Ice Cream

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Our desserts meet Public Health 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.

Available Daily: Pick & Mix Selection & Mixed Salad

Spring Summer Menu 23 – Week Three



3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Cheese & Tomato Pizza (Vegan Available)	Pork Hot Dog & Baked Potato Wedges	Roast Chicken, Roast Potatoes & Gravy	BBQ Chicken, Vegetable Enchiladas & Mixed Rice 	Breaded Fish Fingers & Chips
Vegetarian 1	Jacket Wedges with Baked Beans or Cheese (Vegan Available) 	Veggie Mince Pasta Bake 	Vegetable Sausage, Roast Potatoes & Gravy (Vegan)	Cheese & Onion Quiche & Diced Potatoes	Macaroni Cheese
Vegetarian 2 Friday's Only	*	*	*	*	Breaded Veggie Nuggets & Chips (Vegan)
Vegetable	Sweetcorn & Salad 	Green Beans & Cauliflower 	Carrots & Peas 	Mixed Vegetables 	Baked Beans & Peas
Jacket Potato or Pasta	Freshly Baked Jacket Potato with Tuna & Mayonnaise (Except Mondays), Grated Cheese (Vegan Available) or Baked Beans Pasta with Cheese Sauce – Tue/Thur - Tomato Sauce Mon/Wed/Fri or Grated Cheese (Vegan Available)				
Choice of Either Dessert of the Day, Yoghurt or Fruit	Chocolate Shortbread Biscuit	Fruity Flapjack (Vegan)	Oat Crunch Biscuit	Apple Sponge & Custard 	Chocolate Cornflake Cake (Vegan)

Available Daily: Pick & Mix Selection & Mixed Salad

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 	Our desserts meet Public Health 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.
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