





Avenue Junior Spring/Summer 2024



Spring Summer 24 – Week One

15 Apr, 6 May, 27 May, 17 June, 8 July, 29 July, 19 August, 9 Sept, 30 Sept, 21 Oct

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Choice 1	Wholemeal Cheese & Tomato Pizza (Vegan Available)	Butchers Pork Sausages with Potato Wedges	Creamy Chicken Pie & Mashed Potatoes	Creamy Korma Style Chicken Curry & Mixed Rice 	Breaded Fish Fingers & Chunky Chips
Meal Choice 2 Vegetarian	Creamy Vegetable & Penne Pasta Carbonara 	Veggie Sausage With Potato Wedges (Vegan)	Roasted Vegetable & Lentil Loaf with Sticky Ketchup Glaze (Vegan) 	Cheesy Cauliflower & Pasta Bake 	Homemade Cheese Quiche & Chunky Chips
Jacket Potato or Pasta	Jacket Potato with choice of either Tuna, Cheese or Beans. Pasta with Tomato sauce on Monday-Wednesday-Friday / Cheese Sauce on Tuesday-Thursday				
Vegetables	Mixed Salad Sweetcorn	Baked Beans Peas	Carrots Green Beans	Mixed Vegetables	Baked Beans Peas
Dessert of the Day or Fresh Fruit	Marble Sponge & Custard (Cake Vegan)	Chocolate Shortbread Biscuit (Vegan)	Iced Banana Traybake	Oat & Raisin Finger (Vegan)	Vanilla 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.



Spring Summer 24 – Week Two

22 Apr, 13 May, 3 June, 24 June, 15 July, 5 Aug, 26 Aug, 16 Sept, 7 Oct

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Choice 1	Baked Macaroni Cheese	Hot Dog served with Jacket Wedges	Roast Gammon served with Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta 	Breaded Fish Fingers & Chunky Chips
Meal Choice 2 Vegetarian	Vegetable Enchiladas Served with Vegetable Rice (Vegan) 	Veggie Sausage Hot Dog Baguette (Vegan) Served with Jacket Wedges	Home Baked Vegetarian Lasagne 	Wholemeal Cheese & Tomato Pizza (Vegan Available) 	Cheese & Onion Puff Pastry Roll & Chips
Jacket Potato or Pasta	Jacket Potato with choice of either Tuna, Cheese or Beans. Pasta with Tomato sauce on Monday-Wednesday-Friday / Cheese Sauce on Tuesday-Thursday				
Vegetables	Peas Sweetcorn	Mixed Veg Baked Beans	Carrots Cauliflower	Mixed Salad Mixed Vegetables	Baked Beans Peas
Dessert of the Day or Fresh Fruit	Fruit Jelly (Vegan)	Chocolate Shortbread Biscuit (Vegan)	Flapjack Finger (Vegan)	Oat & Raisin Traybake (Vegan)	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.



Spring Summer 24 – Week Three

29 Apr, 20 May, 10 June, 1 July, 22 July, 12 Aug, 2 Sept, 23 Sept, 14 Oct

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Choice 1	Wholemeal Cheese & Tomato Pizza (Vegan Available)	Pork Sausage Roll with Homemade Skin on Baked Potato Wedges	Chicken in Gravy with Roast Potatoes 	Sticky BBQ Chicken & Vegetables served with Noodles 	Breaded Fish Fingers & Chunky Chips
Meal Choice 2 Vegetarian	Mildly Spiced Vegetable Chilli & Rice (Vegan) 	Cheese & Onion Puff Pastry Roll served with Baked Potato Wedges	Savoury Vegetable Mince with Roast Potatoes (Vegan) 	Korean Style Sticky BBQ Quorn, Vegetables & Noodles (Vegan)	Homemade Cheese Quiche & Chunky Chips
Jacket Potato or Pasta	Jacket Potato with choice of either Tuna, Cheese or Beans. Pasta with Tomato sauce on Monday-Wednesday-Friday / Cheese Sauce on Tuesday-Thursday				
Vegetables	Mixed Salad Sweetcorn	Peas Baked Beans	Carrots Green Beans	Mixed Vegetables	Baked Beans Peas
Dessert of the Day or Fresh Fruit	Marble Sponge & Custard (Cake Vegan)	Chocolate Shortbread Biscuit (Vegan)	Fruit Jelly (Vegan)	Homemade Shortbread Biscuits (Vegan)	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.