








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

TEAM

FAB4

A FORCE FOR FOOD!

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread 	Chicken Sausage & Mash served with Gravy	Roast Chicken served with Skin on Roast Potatoes & Gravy	Creamy Korma Style Chicken & Lentil Curry served with Mixed Rice 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option	Creamy Vegetable Penne Pasta Carbonara 	Quorn Sausage & Mash served with Gravy	Veggie Mince & Vegetable Pie served with Mashed Potato 	Sweet Potato, Spinach & Chickpea Korma (Ve) Served with Mixed Rice 	Cheese Quiche Served with Chips & Tomato Ketchup
Jacket or Pasta	Daily Offer	Daily Offer	Daily Offer	Daily Offer	Daily Offer
Vegetables	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Marble Sponge & Custard	Chocolate Shortbread Biscuits (Ve) & Fruit Slices 	Iced Banana Traybake	Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice 	Chocolate Ice Cream

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt



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	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Macaroni Cheese	Summer Hot Dog Baguette served with Freshly Made Coleslaw Salad 	Roast Chicken served with Skin on Roast Potatoes & Gravy	Meatballs with Pasta in a Tomato Sauce 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option	Vegetable Enchiladas (Ve) Served with a portion of Sunny Vegetable Rice 	Summer Veggie Sausage Hot Dog Baguette (Ve) Served with Freshly Made Coleslaw Salad 	Home Baked Vegetarian Lasagne 	Veggie Mince Bolognese & Penne Pasta (Ve) 	Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup
Jacket or Pasta	Daily Offer	Daily Offer	Daily Offer	Daily Offer	Daily Offer
Vegetables	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Ginger & Mandarin Traybake 	Strawberry Jelly (Ve)	Freshly Baked Chocolate Cookie (Ve)	Flapjack Finger (Ve) With a fresh slice of Watermelon 	Homemade Shortbread Biscuits (Ve)

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt



Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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Spring Summer 24 – Week Three

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

TEAM



A FORCE FOR FOOD!

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread 	Homemade Red Tractor Chicken Sausage Roll with Homemade Skin on Baked Potato Wedges	Roast Chicken served with Skin on Roast Potatoes & Gravy	Korean Style Sticky BBQ Chicken Vegetables served with Noodles 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option	Mildly Spiced Vegetable Chilli & Rice (Ve) 	Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges	Quorn Sausage served with Skin on Roast Potatoes & Gravy	Korean Style Sticky BBQ Quorn, Vegetables & Noodles 	Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup
Jacket or Pasta	Daily Offer	Daily Offer	Daily Offer	Daily Offer	Daily Offer
Vegetables	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	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 & Blueberry Yoghurt Cake	Homemade Flapjack (Ve)

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit & Yoghurt



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.

