



Week 1 - Spring / Summer 2023 Menu

Week starting: 17th April, 8th May, 5th June, 26th June, 17th July, 18th September, 9th October



Meat free
Monday



Tuesday

Wednesday

No added sugar
Shuggington
Thursday



Friday

Option 1

Cheese & Tomato Pizza
with Potato Tots

Pork Sausages
with Creamed Potato
& Gravy

Roast Pork
with Roast Potatoes
& Gravy

Wholemeal Pasta
Beef Bolognese

Harry Ramsden's
Junior Battered Fish
with Oven Chips

Option 2

Plant Based Sausage
Roll with Potato Tots

Meat-Free Sausage
with Creamed Potato
& Gravy

Quorn Fillet
with Roast Potatoes
& Gravy

Ricotta Cheese &
Spinach Wholemeal
Ravioli in Tomato Sauce

Garden Vegetable
Goujons
with Oven Chips

Option 3

Jacket Potato with
beans v

Jacket Potato with
Cheese v

Jacket Potato with
Tuna Mayo

Jacket Potato with
Cheese v

Jacket Potato with
Cheese and Beans v

Vegetables

Coleslaw
Garden Peas

Sweetcorn
Green Beans

Carrots
Broccoli

Medley of Vegetables

Garden Peas
Baked Beans

Dessert

Shortbread Biscuit

Fruit Yoghurt

Orange & Mandarin
Jelly with Whipped
Creme Fraiche

Fresh Fruit Salad

Vanilla Ice Cream



LOW
SALT

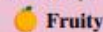
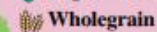
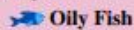
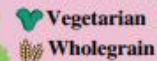
Reduced sugar
and salt recipes

LESS
SUGAR

Free for everyone
in Reception,
Year 1 and 2

Unlimited freshly
baked bread and
vegetables, crudites or
salad bar every day

Look out for these symbols
on our healthy choices



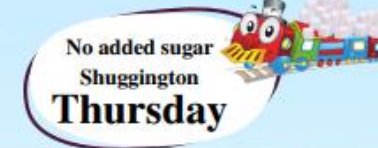
We only use fish
from sustainable
sources



Designed by Twelve15
Twelve15
Favourites

Week 2 - Spring / Summer 2023 Menu

Week starting: 24th April, 15th May, 12th June, 3rd July, 4th September, 25th Sep, 16th October



Meat free
Monday



Tuesday

Wednesday

Thursday

Friday

Option 1

Ricotta & Mozzarella
Filled Ravioli in
Tomato Sauce ♡

Beef Burger in a Bun
with Oven Chips

Roast Chicken
with Roast Potatoes
& Gravy

Sweet & Sour Pork
with Noodles

Fish Fingers
with Potato Tots

Option 2

Meat-Free ♡
Glamorgan Sausage
with Potato Wedges

Southern Style Meat-
Free Burger in a Bun
with Oven Chips ♡

Quorn Fillet
with Roast Potatoes
& Gravy ♡

Mac 'n' Cheese with
Wholemeal Garlic
Bread ♡

Veggie Burrito ♡

Option 3

Jacket Potato with
beans v

Jacket Potato with
Cheese v

Jacket Potato with
Tuna Mayo

Jacket Potato with
Cheese v

Jacket Potato with
Cheese and Beans v

Vegetables

Green Beans
Carrots

Garden Peas
Sweetcorn

Cauliflower
Carrots

Sweetcorn
Broccoli

Baked Beans
Garden Peas

Dessert

Banana Pancakes 🍓

Mixed Berry Mousse

Fruit Yoghurt

Cheese & Biscuits
with Apple Slices 🍓

Chocolate & Beetroot
Brownie with Whipped
Creme Fraiche



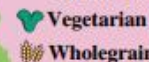
Reduced sugar
and salt recipes



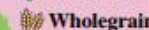
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Oily Fish



Fruity



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Week 3 - Spring / Summer 2023 Menu

Week starting: 1st May, 22nd May, 19th June, 10th July, 11th September, 2nd October



Meat free
Monday



Tuesday

Wednesday

No added sugar
Shuggington
Thursday



Friday

Option 1

Wholemeal
Pasta Bake 🌾

BBQ Chicken
with Rice

Roast Turkey Teddy
Meatloaf with Roast
Potatoes & Gravy

Minced Beef &
Vegetable Pie with
New Potatoes & Gravy

Harry Ramsden's
Junior Battered Fish
with Oven Chips

Option 2

Meat-Free Chilli
Topped Wedges ♥

Sweet Potato Whirl
with Rice ♥

Quorn Fillet
with Roast Potatoes
& Gravy ♥

Meat-Free Veggie Balls
in Cheese & Tomato
Sauce with Wholemeal
Pasta 🌾

Meat-Free Sausage &
Tomato Roll ♥
with Oven Chips

Option 3

Jacket Potato with
beans v

Jacket Potato with
Cheese v

Jacket Potato with
Tuna Mayo

Jacket Potato with
Cheese v

Jacket Potato with
Cheese and Beans v

Vegetables

Coleslaw
Broccoli

Sweetcorn
Garden Peas

Carrots
Cabbage

Green Beans
Sweetcorn

Baked Beans
Garden Peas

Dessert

Fruit Yoghurt

Apple Muffin with
Whipped Creme
Fraiche

Strawberry Mousse

Fresh Fruit Salad 🍎

Waffle with Peaches
& Whipped Creme
Fraiche 🍓



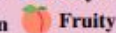
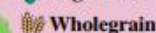
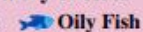
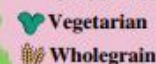
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