

# 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>	Sweet & Sour Chicken Meatballs & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Jacket Wedges 	MSC Fish Fingers & Chips
<b>Main Meal Option 2</b>	Cheesy Tomato Pasta Bake 	Vegetable Lasagne & Garlic Bread 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Flan & Home-baked Potato Wedges	Cheese & Onion Puff Pastry Roll
<b>Vegetables</b>	British Red Tractor Garden Peas & Baked Beans 	Broccoli & Carrots 	Carrots & Cauliflower 	British Red Tractor Garden Peas & Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches &amp; Pasta</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Cheese or Tomato & Basil Sauce				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
<b>Dessert</b>	Strawberry Mousse	Chocolate Cookie <sup>VG</sup>	Vanilla Cupcake	Chocolate Crunch 'Concrete' <sup>VG</sup> & Chocolate Sauce	Homemade Jam Sponge & Custard












**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.