











Summer – Autumn 2024 – Week One

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

| WEEK ONE                      | GREEN EARTH MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|-------------------------------|---|---|---|---|--|
| Main Meal Option 1            | Wholemeal Cheese & Tomato Pizza served with Potato Wedges<br>          | All Day Breakfast served with Pork Sausage, Baked Omelette, Country Diced Potatoes & Baked Beans or Sweetcorn                           | Chicken Pie & Mashed Potatoes   | Creamy Korma Style Chicken & Lentil Curry served with Mixed Rice<br>   | Friday Fish Fingers served with Chips & Tomato Ketchup |
| Vegetarian Main Meal Option 2 | Creamy Vegetable Penne Pasta Carbonara with Wholemeal Garlic Bread<br> | All Day Veggie Sausage Breakfast Served with Baked Omelette, Country Diced Potatoes & Baked Beans or Sweetcorn                          | Vegemince & Vegetable Pie (Ve) served with Mashed Potato<br> | Cauliflower Cheese & Pasta Bake served with Wholemeal Garlic Bread<br> | Cheese Flan served with Chips & Tomato Ketchup         |
| Jacket Potato                 | with Cheese, Beans or Tuna  | with Cheese, Beans or Tuna  | with Cheese, Beans or Tuna  | with Cheese, Beans, Tuna or Salmon Mayonnaise<br>                     | with Cheese, Beans or Tuna                             |
| 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<br> | Iced Banana Traybake  | Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice<br>                | Chocolate Ice Cream                                    |

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

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit

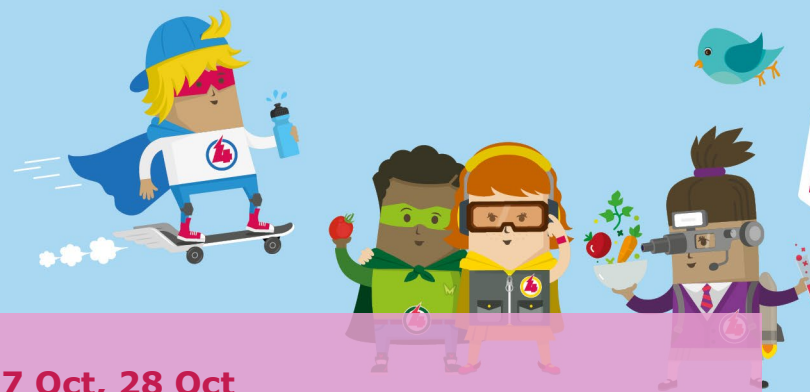


Oily fish



**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.



Summer - Autumn 2024 – Week Two

15 Apr, 13 May, 3 June, 24 June, 26 August, 16 Sept, 7 Oct, 28 Oct

Available

| WEEK TWO                      | GREEN EARTH MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|-------------------------------|--|---|---|---|--|
| Main Meal Option 1            | Macaroni Cheese served with Wholemeal Garlic Bread<br>                      | Summer Hot Dog Baguette served with Freshly Made Salad and jacket wedges<br>                     | Roast Chicken served with Skin on Roast Potatoes & Gravy  | Beef Bolognese & Penne Pasta served with Wholemeal Garlic Bread<br>              | Friday Fish Fingers served with Chips & Tomato Ketchup             |
| Vegetarian Main Meal Option 2 | Vegetable Enchiladas (Ve) Served with a portion of Sunny Vegetable Rice<br> | Summer Veggie Sausage Hot Dog Baguette (Ve) Served with Freshly Made Salad and jacket wedges<br> | Home Baked Vegetarian Lasagne served with Wholemeal Garlic Bread<br> | Veggie Mince Bolognese & Penne Pasta (Ve) served with Wholemeal Garlic Bread<br> | Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup |
| Jacket Potato                 | with Cheese, Beans or Tuna   | with Cheese, Beans or Tuna  | with Cheese, Beans or Tuna  | with Cheese, Beans or Tuna  | with Cheese, Beans or Tuna   |
| 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<br>  | Strawberry Jelly (Ve)   | Freshly Baked Chocolate Cookie (Ve)   | Flapjack Finger (Ve) with a fresh slice of Watermelon<br>                      | Homemade Shortbread Biscuits (Ve)                                  |

Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

|   |   |  |   |  |
|---|---|--|---|--|
| Portion(s) of fruit or veg<br> | Source of wholegrain<br> | Contains plant-based proteins<br> | 50% fruit<br> | Oily fish<br> |
|---|---|--|---|--|








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.



**Summer – Autumn 2024 – Week Three**  
**22 Apr, 20 May, 10 June, 1 July, 2 Sept, 23 Sept, 14 Oct, 4 Nov**

**Available Daily:**  
**Salad, Fresh**

| WEEK THREE                           | GREEN EARTH MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--------------------------------------|---|--|---|---|--|
| <b>Main Meal Option 1</b>            | Wholemeal Cheese & Tomato Pizza served with Potato Wedges   | Farm Assured Pork Sausage Roll with Homemade Skin on Baked Potato Wedges   | Savoury Mince & Gravy served with a Yorkshire Pudding & Skin on Roast Potatoes<br>           | Korean Style Sticky BBQ Chicken & Vegetables served with Noodles<br> | Friday Fish Fingers served with Chips & Tomato Ketchup |
| <b>Vegetarian Main Meal Option 2</b> | Mildly Spiced Vegetable Chilli & Rice (Ve)<br> | Macaroni Cheese served with Homemade Skin on Baked Potato Wedges   | Savoury Vegetable Mince & Gravy served with a Yorkshire Pudding & Skin on Roast Potatoes<br> | Korean Style Sticky BBQ Quorn, Vegetables & Noodles<br>              | Homemade Cheese & Tomato Pizza Whirl & Chips           |
| <b>Jacket Potato</b>                 | with Cheese, Beans or Tuna  | with Cheese, Beans or Tuna   | with Cheese, Beans or Tuna  | with Cheese, Beans or Tuna  | with Cheese, Beans or Tuna                             |
| <b>Vegetables</b>                    | 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      |
| <b>Dessert</b>                       | Baked Apple Sponge served with Custard<br>   | Tutti Frutti Jelly and Mandarins (Ve)<br> | Freshly Baked Vanilla Cookie (Ve)   | Zesty Lemon & Blueberry Yoghurt Cake  | Homemade Flapjack (Ve)                                 |

**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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