











Summer & Autumn 2024 – Week One
8 Apr, 29, Apr, 06 May, 17 June, 08 July, 09 Sept, 30 Sept, 21 Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Cheese & Tomato Pizza served with homemade potato wedges 	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 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option 2	Creamy Vegetable Penne Pasta Carbonara served with Wholemeal Garlic Bread 	All Day Breakfast served with Veggie Sausage, Baked Omelette, Country Diced Potatoes & Baked Beans or Sweetcorn	Vegemince & Vegetable Pie (Ve) served with Mashed Potato 	Cauliflower Cheese & Pasta Bake served served with Wholemeal Garlic Bread 	Cheese Flan served with Chips & Tomato Ketchup
Sandwich	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna
Jacket Potato	with Cheese, Beans or Tuna	with Cheese, Beans or Tuna	with Cheese, Beans or Tuna	with Cheese, Beans, Tuna or Salmon Mayonnaise 	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 	Iced Banana Traybake	Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice 	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, 03 June, 24 June, 26 August, 16 Sept, 07 Oct, 28 Oct

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

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

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Cheese & Tomato Pizza served with homemade potato wedges	Farm Assured Pork Sausage Roll served with Homemade Skin on Baked Potato Wedges	Savoury Mince & Gravy served with a Yorkshire Pudding & Skin on Roast Potatoes 	Korean Style Sticky BBQ Chicken & Vegetables served with Noodles 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal Option 2	Mildly Spiced Vegetable Chilli Served with Rice (Ve) 	Macaroni Cheese served with Homemade Skin on Baked Potato Wedges	Savoury Vegetable Mince & Gravy served with a Yorkshire Pudding & Skin on Roast Potatoes 	Korean Style Sticky BBQ Quorn, Vegetables & Noodles 	Homemade Cheese & Tomato Pizza Whirl & Chips
Sandwich	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna	Cheese, Ham or Tuna
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	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, 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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