
















VZSS23

## Spring Summer Menu – Week One

10th April, 1st May, 22nd May, 12th June, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Cheese & Tomato Pizza, Herby Diced Potatoes 	Italian Chicken & Mixed Rice 	Roast Chicken Potatoes & Gravy	Chicken Sausage Pasta Bake	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans  or Cheese	Beany Tomato Ragu & Fluffy Cous Cous 	Quorn Roast or Vegetable Sausage, Roast Potatoes & Gravy	Vegetable Sausage Pasta Bake 	Cheesy Pea Pasta
VEGETABLES	Carrot & Cucumber Mixed Vegetables 	Garden Peas Carrots 	Cauliflower Seasonal Greens 	Green Beans Sweetcorn, Salad 	Baked Beans Peas 
SANDWICHES, JACKETS, RICE & PASTA	<p>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham</p> <p>Freshly Baked Jacket Potato with Salmon &amp; Mayonnaise , Tuna &amp; Mayonnaise, Grated Cheese or Baked Beans</p> <p>Jollof Rice with 5 Beans or Pasta with Cheese or Tomato Sauce</p>				
DESSERT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce or Custard	Ice Cream & Banana 	Vanilla Blondie & Apple Wedges 	Strawberry Muffin/ Traybake

Available Daily: Pick & Mix Selection, 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.





## Spring Summer Menu – Week Two

17th April, 8th May, 29th May, 19th June, 10th July, 31st July, 21st Aug, 11th sept, 2nd Oct, 23rd Oct

WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Rainbow Pizza, Herby Diced Potatoes 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken Potatoes & Gravy	Chicken Tikka Curry & Mixed Rice 	Battered Fish or Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans  or Cheese	Veggie Burger & Potato Wedges	Quorn Roast or Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Pastry Roll & Potato Wedges	Margherita Macaroni 
VEGETABLES	Sweetcorn, Peas Salad 	Green Beans Cauliflower 	Carrots Savoy Cabbage 	Mixed Vegetables Salad 	Baked Beans Peas 
SANDWICHES, JACKETS, RICE & PASTA	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans Jollof Rice with 5 Beans or Pasta with Cheese or Tomato Sauce				
DESSERT	Flapjack Finger	Chocolate & Banana Muffin & Apple Wedges 	Jelly & Mandarins 	Fruity Jam Bun & Custard	Chocolate Ice Cream

Available Daily: Pick & Mix Selection, 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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England's target for 'free sugar'  
intake for your child.

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## Spring Summer Menu – Week Three

3rd April, 24th April, 15th May, 5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct.

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Cheese & Tomato Pizza & Herby Diced Potatoes 	Chicken Hot Dog & Baked Potato Wedges	Roast Chicken Potatoes & Gravy	BBQ Chicken, Vegetable Burrito & Mixed Rice 	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans  or Cheese	Veggie Mince Pasta Bake 	Quorn Roast or Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Quiche & Diced Potatoes	Macaroni Cheese
VEGETABLES	Mixed Vegetables Salad 	Peas, Sweetcorn 	Spring Greens Cauliflower 	Green Beans Carrots 	Baked Beans Garden Peas 
SANDWICHES, JACKETS, RICE & PASTA	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans Jollof Rice with 5 Beans or Pasta with Cheese or Tomato Sauce				
DESSERT	Chocolate Shortbread Biscuit	Fruity Flapjack with Banana 	Oat Crunch Biscuit	Apple Sponge & Custard 	Chocolate Cornflake Cake

Available Daily: Pick & Mix Selection, 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.

