| PRIMARY MENU WE=K 1 | MOHPAY | TUESPAY | WEPMESPAY | THURSPAY | FEIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Moin Course 1 | American Style Chicken \& Sweetcorn Meatball Sub Roll | Chicken Tikka Curry with Mixed Rice | Roast Gammon with Roast Potatoes \& Gravy | Pork Sausage Roll with Baked Potato Wedges | Fish Fingers with Chips |
| Main Course 2 | Macaroni Cheese | Cheese \& Tomato Pizza with Garlic Bread | Yorkshire Pudding with Vegetarian Mince \& Roast Potatoes | Cheese \& Onion Roll with Baked Potato Wedges | Veggie Pasta Bake |
| Jacket Potate and Fillings | Jacket Potato with Cheese or Baked Beans | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, <br> Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans, Salmon Mayo or Tuna Mayo |
| Sendruiches | Cheese Sandwich | Cheese Sandwich | Hot Roast Meat Baguette | Ham Sandwich | Fish Finger Wrap |
| Vegetebles | Mixed Vegetables Sweetcorn | Garden Peas Cauliflower | Carrots Seasonal Greens | Green Beans Baked Beans Sweetcorn | Baked Beans Garden Peas |
| Dessert | Apple Sponge with Custard | Flapjack Finger | Vanilla Sponge with Custard | Tootie Fruity Jelly with Mandarins | Chocolate Shortbread |

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

| Portion(s) of fruit or veg | $80$ | Source of wholegrain | 8 | Contains plant-based proteins | 4 | $\begin{aligned} & 50 \% \\ & \text { fruit } \end{aligned}$ | $50: 5$ | Oily fish | 1 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and
Recommended fruit and
vegetable portion sizes are calculated using Schoot Food Standards. On average our ing School food standards. On average our
desserts do not exceed a third of a child's recommended 'free sugar' intake.

| PRIMARY CIENU WE=K 2 | MOUDAY | TUESDAY | WEPNESDAY | THURSPAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Mofn Course 1 | BBQ Chicken with Rice | Beef Pasta Bolognaise | Pork Sausage Toad in the Hole with Roast Potatoes \& Gravy | Chicken \& Bean Burrito | Fish Fingers with Chips |
| Mefn Course 2 | Cheese \& Tomato Pizza with Garlic Bread | Veggie Pasta Bolognaise | Vegetable Sausage Toad in the Hole with Roast Potatoes \& Gravy | Macaroni Cheese | Cheese \& Onion Pastry Roll with Chips |
| Jacket Poteto and Fillings | Jacket Potato with Cheese or Baked Beans | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo |
| Senduriches | Cheese Sandwich | Cheese Sandwich | Hot Roast Meat Baguette | Ham Sandwich | Fish Finger Wrap |
| Yegetebles | Sweetcorn Garden Peas | Green Beans Carrots | Cauliflower Seasonal Greens | Mixed Vegetables Sweetcorn | Baked Beans Garden Peas |
| Dessert | Apple Crumble Bar | Lemon Cake with Custard | Banana Cake with Fruit | Chocolate Cookie | Strawberry Jelly |

Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

| Portion(s) of fruit or veg | $\cdots \frac{1}{2} \frac{1}{3^{2}}$ | Source of wholegrain | * | Contains plant-based proteins | 4 | 50\% fruit | 50, | Oily fish |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |



Available Daily: Salad Selection, Fresh Bread, Fresh Fruit and Yoghurts

| Portion(s) of fruit or veg | $8$ | Source of wholegrain | V | Contains plant-based proteins | 4 | $\begin{aligned} & 50 \% \\ & \text { fruit } \end{aligned}$ | (50:5) | $\begin{aligned} & \text { Oily } \\ & \text { fish } \end{aligned}$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

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