

| WEEK ONE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|--|
| Main Meal Option 1 (& Halal Equivalent where Required) | Wholemeal Cheese & Tomato Pizza Served with Herby Diced Potatoes | All Day Pork Sausage Served with 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 (To Match Main Option 1) | Creamy Vegetable Penne Pasta Carbonara | All Day Veggie Sausage Breakfast Served with Country Diced Potatoes & Baked Beans or Sweetcorn | Veg Mince & Vegetable Pie (Ve) served with Mashed Potato | Sweet Potato, Spinach & Chickpea Korma (ve) | Cheese Flan Served with Chips & Tomato Ketchup |
| Pasta | Pasta with Tomato Sauce | Pasta with Tomato Sauce | Pasta with Tomato Sauce | Pasta with Tomato Sauce | Pasta with Tomato Sauce |
| Jacket Potatoes | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna |
| Filled Sandwiches | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham |
| Vegetables | <i>Selection of Daily Vegetables & Mixed Fresh Salad</i> | <i>Selection of Daily Vegetables & Mixed Fresh Salad</i> | <i>Selection of Daily Vegetables & Mixed Fresh Salad</i> | <i>Selection of Daily Vegetables & Mixed Fresh Salad</i> | <i>Selection of Daily Vegetables & Mixed Fresh Salad</i> |
| 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: 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.



| WEEK TWO | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|--|
| Main Meal Option 1 (& Halal Equivalent where Required) | Wholemeal Cheese & Tomato Pizza serve with Whole meal Garlic Bread | Summer Hot Dog Baguette served with Freshly Made Coleslaw Salad  | Roast Gammon served with Skin on Roast Potatoes & Gravy | Beef Bolognese/ Halal Beef Bolognese & Penne Pasta  | Friday Fish Fingers served with Chips & Tomato Ketchup |
| Vegetarian Main Meal Option 2 (To Match Main Option 1) | Macaroni Cheese | Summer Vegie Sausage Hot Dog Baguette Served with Freshly Made Coleslaw Salad  | Veg Mince Cottage Pie served with Skin on Roast Potatoes & Gravy  | Veggie Mince Bolognese & Penne Pasta (Ve)  | Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup |
| Pasta | Pasta with Herby Tomato Sauce  | Pasta with Herby Tomato Sauce | Pasta with Herby Tomato Sauce | Pasta with Herby Tomato Sauce | Pasta with Herby Tomato Sauce |
| Jacket Potatoes | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna |
| Filled Sandwiches/ Wraps | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham |
| 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 (V) | Freshly Baked Chocolate Cookie (Ve) | Flapjack Finger (Ve) With a fresh slice of Watermelon  | Homemade Shortbread Biscuits (Ve) |








Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

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

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

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.



| WEEK THREE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|--|
| Main Meal Option 1 (& Halal Equivalent where Required) | Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread  | Farm Assured Pork Sausage Roll served with Skin on Potato Wedges | Gently Spiced Moroccan Chicken Tagine served with Rainbow Cous Cous  | Korean Style Sticky BBQ Chicken & Vegetables served with Noodles  | Friday Fish Fingers served with Chips & Tomato Ketchup |
| Vegetarian Main Meal Option 2 (To Match Main Option 1) | Mildly Spiced Vegetable Chilli & Rice (Ve) NDP | Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges | Gently Spiced Moroccan Roasted Chickpea Tagine served with Vegetable Rainbow Cous Cous  | Korean Style Sticky BBQ Quorn & Vegetables served with Noodles  | Homemade Cheese & Tomato Pizza Whirl & Chips |
| Pasta | Pasta with Herby Tomato Sauce | Pasta with Herby Tomato Sauce | Pasta with Herby Tomato Sauce | Pasta with Herby Tomato Sauce | Pasta with Herby Tomato Sauce |
| Jacket Potatoes | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna | Jacket Potato with Cheese, Baked Beans or Tuna |
| Filled Sandwiches | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham | Filled Sandwiches with Cheese, Tuna or Ham |
| 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 Cookie | Homemade Flapjack (Ve) |

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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