











WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread 	Pork Sausage with Baked Omelette, Country Diced Potatoes & Baked Beans or Sweetcorn	Chicken Pie with Potatoes	Creamy Korma Style Chicken & Lentil Curry served with Mixed Rice 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal	Creamy Vegetable Penne Pasta Carbonara 	Veggie Sausage Served with Country Diced Potatoes & Baked Beans or Sweetcorn	Vegemince & Vegetable Pie (Ve) served with Potato 	Cauliflower Cheese & Pasta Bake 	Cheese Flan or Quiche Served with Chips & Tomato Ketchup
Jacket Potato	Jacket Potato with Cheese or Beans	Jacket Potato with Cheese, Tuna, or Beans	Jacket Potato with Cheese, Tuna, or Beans	Jacket Potato with Cheese, Tuna, Beans, or Salmon Mayonnaise for Oily Fish 	Jacket Potato with Cheese, Tuna, or Beans
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: 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 24 – Week Two ST SIMONS



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Macaroni Cheese	Summer Hot Dog Baguette served with Freshly Made Coleslaw Salad 	Roast Gammon served with Skin on Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal	Tomato & Basil Pasta	Summer Veggie Sausage Hot Dog Baguette (Ve) Served with Freshly Made Coleslaw Salad 	Vegemince Cottage Pie (Ve) 	Wholemeal Cheese & Tomato Pizza served with Wedges 	Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup
Jacket Potato	Jacket Potato with Cheese, or Beans	Jacket Potato with Cheese, Tuna, or Beans	Jacket Potato with Cheese, Tuna, or Beans	Jacket Potato with Cheese, Tuna, or Beans	Jacket Potato with Cheese, Tuna, or Beans
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: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



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Oily fish



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WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread 	Farm Assured Pork Sausage Roll with Homemade Skin on Baked Potato Wedges	Gently Spiced Moroccan Chicken Tagine served with Rice 	Korean Style Sticky BBQ Chicken & Vegetables served with Noodles 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal	Mildly Spiced Vegetable Chilli & Rice (Ve) NDP 	Cheese & Onion Puff Pastry Roll 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
Jacket Potato	Jacket Potato with Cheese, or Beans	Jacket Potato with Cheese, Tuna, or Beans	Jacket Potato with Cheese, Tuna, or Beans	Jacket Potato with Cheese, Tuna, or Beans	Jacket Potato with Cheese, Tuna, or Beans
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: 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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