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28th April, 19th May, 9th June, 30th June, 21st July, 11th Aug, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Sweet & Sour Chicken Meatballs & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Jacket Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Cheesy Tomato Pasta Bake 	Vegetable Lasagne & Garlic Bread 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Flan & Home-baked Potato Wedges	Cheese & Onion Puff Pastry Roll
Vegetables	British Red Tractor Garden Peas, Baked Beans 	Cauliflower & Carrots 	Broccoli & Sweetcorn 	British Red Tractor Garden Peas & Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Cheese or Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
Dessert	Strawberry Mousse	Chocolate Cookie ^{VG}	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VG} & Chocolate Sauce	Homemade Jam Sponge & Custard

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan VG

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.