

# Week 1 - Spring / Summer 2023 Menu

Week starting: 17th April, 8th May, 5th June, 26th June, 17th July, 18th September, 9th October



Meat free  
**Monday**



**Tuesday**

**Wednesday**

No added sugar  
Shuggington  
**Thursday**

**Friday**

**Option 1**

**Cheese & Tomato Pizza**  
with Potato Tots 🌿

**Pork Sausages**  
with Creamed Potato  
& Gravy

**Roast Pork**  
with Roast Potatoes  
& Gravy

**Wholemeal Pasta**  
Beef Bolognese 🌾

**Harry Ramsden's**  
Junior Battered Fish  
with Oven Chips

**Option 2**

**Plant Based Sausage**  
Roll with Potato Tots  
🌿

**Meat-Free Sausage**  
with Creamed Potato  
& Gravy 🌿

**Quorn Fillet**  
with Roast Potatoes  
& Gravy 🌿

🌾 **Ricotta Cheese &** 🌿  
**Spinach Wholemeal**  
Ravioli in Tomato Sauce

**Garden Vegetable**  
Goujons  
with Oven Chips 🌿

**Option 3**

**Jacket Potato with**  
Beans 🌿

**Cheese Wrap with**  
Salad 🌿

No 3<sup>rd</sup> Option

**Jacket Potato with**  
Tuna

**Ham Wrap with**  
Salad

**Vegetables**

**Coleslaw**  
Garden Peas

**Sweetcorn**  
Green Beans

**Carrots**  
Broccoli

**Medley of Vegetables**

**Garden Peas**  
Baked Beans

**Dessert**

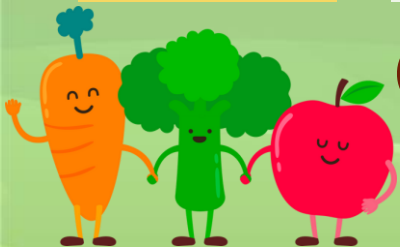
**Shortbread Biscuit**

**Fruit Yoghurt**

**Orange & Mandarin**  
Jelly with Whipped  
Creme Fraiche 🍊

**Fresh Fruit Salad** 🍊

**Vanilla Ice Cream**



LOW  
SALT

Reduced sugar  
and salt recipes

LESS  
SUGAR

Free for everyone  
in Reception,  
Year 1 and 2

Unlimited freshly  
baked bread and  
vegetables, crudités or  
salad bar every day

Look out for these symbols  
on our healthy choices

🌿 Vegetarian 🐟 Oily Fish  
🌾 Wholegrain 🍊 Fruity



We only use fish  
from sustainable  
sources

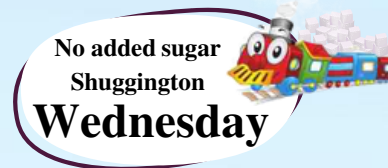
Harry Ramsden's  
Junior



Designed by Twelve15  
Twelve15  
Favourites

# Week 2 - Spring / Summer 2023 Menu

Week starting: 24th April, 15th May, 12th June, 3rd July, 4th September, 25th Sep, 16th October



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Option 1**

**Ricotta & Mozzarella  
Filled Ravioli in  
Tomato Sauce** ♡

**Beef Burger in a Bun  
with Oven Chips**

**Roast Chicken  
with Roast Potatoes  
& Gravy**

**Sweet & Sour Pork  
with Noodles**

**Fish Fingers  
with Potato Tots**

**Option 2**

**Meat-Free** ♡  
**Glamorgan Sausage  
with Potato Wedges**

**Southern Style Meat-  
Free Burger in a Bun  
with Oven Chips** ♡

**Quorn Fillet  
with Roast Potatoes  
& Gravy** ♡

**Mac 'n' Cheese with  
Wholemeal Garlic  
Bread** ♡

**Veggie Burrito** ♡

**Option 3**

**Jacket Potato with  
Beans** ♡

**Ham Wrap with  
Salad**

**No 3<sup>rd</sup> Option**

**Jacket Potato with  
Tuna**

**Cheese Wrap with  
Salad** ♡

**Vegetables**

**Green Beans  
Carrots**

**Garden Peas  
Sweetcorn**

**Cauliflower  
Carrots**

**Sweetcorn  
Broccoli**

**Baked Beans  
Garden Peas**

**Dessert**

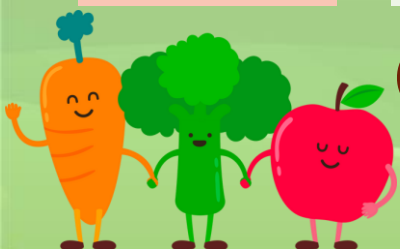
**Banana Pancakes** 🍓

**Mixed Berry Mousse**

**Cheese & Biscuits  
with Apple Slices** 🍓

**Fruit Yoghurt**

**Chocolate & Beetroot  
Brownie with Whipped  
Creme Fraiche**



Reduced sugar  
and salt recipes



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Vegetarian



Oily Fish



Wholegrain



Fruity



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# Week 3 - Spring / Summer 2023 Menu

Week starting: 1st May, 22nd May, 19th June, 10th July, 11th September, 2nd October



Twelve15



Meat free  
**Monday**



**Tuesday**

**Wednesday**

No added sugar  
Shuggington  
**Thursday**

**Friday**

**Option 1**

Wholemeal  
♥ Pasta Bake 🌾

BBQ Chicken  
with Rice

Roast Turkey Teddy  
Meatloaf with Roast  
Potatoes & Gravy

Minced Beef &  
Vegetable Pie with  
New Potatoes & Gravy

Harry Ramsden's  
Junior Battered Fish  
with Oven Chips

**Option 2**

Meat-Free Chilli  
Topped Wedges ♥

Sweet Potato Whirl  
with Rice ♥

Quorn Fillet  
with Roast Potatoes  
& Gravy ♥

Meat-Free Veggie Balls  
in Cheese & Tomato  
Sauce with Wholemeal  
♥ Pasta 🌾

Meat-Free Sausage &  
Tomato Roll ♥  
with Oven Chips

**Option 3**

Jacket Potato with  
Cheese ♥

Ham Wrap with  
Salad

No 3<sup>rd</sup> Option

Jacket Potato with  
Tuna

Cheese Wrap with  
Salad ♥

**Vegetables**

Coleslaw  
Broccoli

Sweetcorn  
Garden Peas

Carrots  
Cabbage

Green Beans  
Sweetcorn

Baked Beans  
Garden Peas

**Dessert**

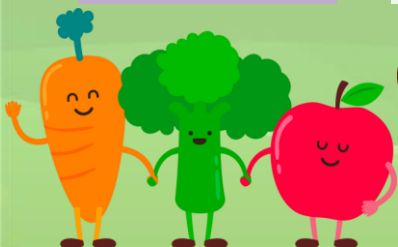
Fruit Yoghurt

Apple Muffin with  
Whipped Creme  
Fraiche

Strawberry Mousse

Fresh Fruit Salad 🍎

Waffle with Peaches  
& Whipped Creme  
Fraiche 🍓



LOW  
SALT

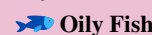
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Harry Ramsden's  
Junior



Designed by Twelve15  
Twelve15  
Favourites