













Spring Summer Menu 23 – Week One

St Aidan's Primary School

10th April 1st May, 22nd May, 12th June, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Cheese & Tomato Pizza, Herby Diced Potatoes 	Italian Chicken & Mixed Rice 	Roast Chicken Roast Potatoes & Gravy	Sausage Pasta Bake	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN OPTION 1	Jacket Wedges with Baked Beans or Cheese	Cheese Quiche & New Potatoes 	Vegetable Sausage Roast Potatoes & Gravy	Vegetable Chilli & Rice	Cheesy Pea Pasta
VEGETABLES	Carrot & Cucumber Mixed Vegetables 	Garden Peas Carrots 	Cauliflower Seasonal Greens 	Green Beans Sweetcorn, Salad 	Baked Beans Peas 
SANDWICHES	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
DESSERT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce or Custard	Ice Cream & Banana 	Vanilla Blondie & Apple Wedges 	Strawberry Muffin/ Traybake

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

Portion(s) of fruit or veg



Source of wholegrain



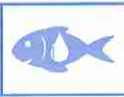
Contains plant-based proteins



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 Menu 23 – Week Two St Aidan’s Primary School

17th April 8th May, 29th May, 19th June, 10th July, 31st July, 21st Aug, 11th sept, 2nd Oct, 23rd Oct

WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Rainbow Pizza, Herby Diced Potatoes 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken Roast Potatoes & Gravy	Sticky BBQ Chicken & Mixed Rice 	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN OPTION 1	Cheese or Tomato Pasta Pots	Veggie Burger & Potato Wedges	Vegetable Sausage & Roast Potatoes & Gravy	Cheese & Onion Pastry Roll & Potato Wedges	Veggie Nuggets & Chips
VEGETABLES	Sweetcorn, Peas Salad 	Green Beans Cauliflower 	Carrots Savoy Cabbage 	Mixed Vegetables Salad 	Baked Beans Peas 
SANDWICHES	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise				
DESSERT	Flapjack Finger	Chocolate & Banana Muffin & Apple Wedges 	Jelly & Mandarins 	Fruity Jam Bun & Custard	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 uour 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.
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Spring Summer Menu 23 – Week Three St Aidan’s Primary School

3rd April 24th April 15th May, 5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct

WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Cheese & Tomato Pizza & Herby Diced Potatoes 	Pork Hot Dog & Baked Wedges	Savory Mince in a Yorkshire Pudding	Chicken Tikka Curry with Mixed Rice	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN OPTION 1	Cheese or Tomato Pasta Pots	Veggie Hot dogs & Baked Wedges	Quorn Roast, Roast Potatoes & Gravy	Cheese & Onion Quiche & Diced Potatoes	Mac n Cheese
VEGETABLES	Mixed Vegetables Salad 	Peas, Sweetcorn 	Spring Greens Cauliflower 	Green Beans Carrots 	Baked Beans Garden Peas 
SANDWICHES	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
DESSERT	Chocolate Shortbread Biscuit	Fruity Flapjack with Banana 	Melon & Pineapple	Apple Sponge & Custard 	Chocolate Cornflake Cake

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.