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WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Whole meal Margherita Pizza & Wedges 	MSC Fish Fingers & Chips
Vegetarian Option	Cheese, Onion & Potato Pie & Home-baked Potato Wedges	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VG} 	Cheese Flan, Chips & Ketchup
Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn 	British Red Tractor Garden Peas, Sliced Carrots 	Broccoli, Cauliflower & Carrots 	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes/Sandwich Option	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans 
Dessert	Banana Mousse & Orange Smiles 	Marble Sponge ^{VG} & Custard	Strawberry Jelly with Watermelon Slice ^{VG} 	Vanilla Cookie ^{VG}	Iced Sponge Cake with Sprinkles

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 	Vegan 	VE
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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 Week 2 ST AIDANS





















WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes	Whole meal Margherita Pizza & Tomato Pasta Salad 	MSC Fish Fingers & Chips
Vegetarian Option	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Plant-based Pasta Bolognese & Garlic Bread Vg   	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Cheesy Bean Pitta 	Crispy Vegetable Fingers & Chips Vg
Vegetables	British Red Tractor Garden Peas, Baked Beans 	Broccoli, Cauliflower & Carrots 	Broccoli, Carrots & Sweetcorn 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  
Dessert	Banana Cake Vg & Custard 	Shortbread & Orange Slices Vg 	Hidden Fruit Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 	Vegan 	VE 
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Spring / Summer Menu Week 3 ST AIDANS



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Sweet & Sour Chicken Meatballs & Sunny Rice 	Beef Lasagne & Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Margherita Pizza & Wedges 	MSC Fish Fingers & Chips
Vegetarian Option	Cheesy Tomato Pasta Bake 	Chinese Sweet Chili Quorn Stir Fry & Mixed Rice ^{VG}  	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Bean Burrito & Potato Wedges ^{VG} 	Cheese & Onion Puff Pastry Roll
Vegetables	British Red Tractor Garden Peas, Baked Beans 	Broccoli, Cauliflower & Carrots 	Broccoli, Carrots & Sweetcorn 	British Red Tractor Garden Peas or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes/ Sandwiches, & Rice	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jollof Rice with 5 Beans	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  
Dessert	Strawberry Mousse & Fruit Slices 	Chocolate Cookie & Orange Wedges ^{VG} 	Vanilla Cupcake	Banana Mousse & Orange Smiles 	Homemade Jam Sponge & Custard

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