Week One

A FORGE FOR FOOD!

## [School Name Here]

Week One Dates -

| Primary Menu Week 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main Meal Option One | Beef \& Tomato Meatballs with Pasta \& Arrabiata Sauce/Halal Chicken Meatballs | Cheesy Topped Chicken Fillet \& Baked New Potatoes | Margherita Pizza with Baked Jacket Wedges | Chicken Flatbread with Wholegrain Rice | Fish Fingers \& Chips |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: <br> Tuna \& Mayonnaise <br> Grated Cheese <br> Baked Beans (Ve) <br> Salmon \& Mayonnaise |  |  |  |  |
| Main Meal Option Two | Mexican Quorn Fajitas With Wholegrain rice | Veggie Chickpea \& Bean Curry \& Wholegrain Rice | Joloff Rice \& Beans (Ve) | Vegetable Flatbread <br> With Wholegrain Rice | Lentil \& Tomato Pasta (Ve) |
| Vegetables | Garden Peas | Broccoli | Sweetcorn | Carrots | Baked Beans |
| Dessert |  | Chocolate Crispy Cake with Fruit <br> Wedges (Ve) <br> or <br> Fresh Fruit or Yoghurt |  | Fruit Sponge or Fresh Fruit (Ve) or Yoghurt | Sultana \& Cherry Flapjack with Fruit Wedges (Ve) or Fresh Fruit or Yoghurt |

## Available Daily Freshly Baked bread Packed Lunch Offer

## Menu Notes

This reduced menu has been designed in line with the Government's School Food Standards. It provides the option of a meat/ fish dish daily as well as a vegetarian or vegan meal option, including a vegetarian non-dairy protein option, 3 times a week. A portion of fruit and vegetables is offered daily, along with a portion of dairy, and there is the offer of a dessert containing at least $50 \%$ fruit twice a week. There are one or more wholegrain options available each week, and foods cooked in oil are limited to once per week.



A FORGE FOR FOOD!

## [School Name Here]

Week Two Dates

| Primary Menu Week 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main Meal | Sausage/Halal Chicken Sausage with Mash \& Gravy | Macaroni Cheese | Chinese Style Chicken Chow Mein Noodles | Sticky Barbecue Pork/ Halal Chicken with Wholegrain Rice | Crispy Battered Fish \& Chips |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: <br> Tuna \& Mayonnaise <br> Grated Cheese <br> Baked Beans (Ve) <br> Salmon \& Mayonnaise |  |  |  |  |
| Main Meal Option Two | Pasta with Tomato Sauce \& Vegetable Sausages (Ve) | Lentil \& Vegetable Tikka Curry with Wholegrain Rice (Ve) | Wholemeal Pizza Slice with Baked Potato Wedges | Sticky Barbecue Quorn with Wholegrain Rice (Ve) | Quorn \& Vegetable Taco \& Chips |
| Vegetables | Green Beans | Sweetcorn | Peas | Cauliflower | Baked Beans |
| Dessert | Shortbread \& Fruit Wedges (Ve) or Fresh Fruit (Ve) or Yoghurt | Banana Traybake <br> or Fresh Fruit (Ve) or Yoghurt | Lemon Drizzle Cake <br> or Fresh Fruit or Yoghurt | Ginger Biscuit with Orange wedges (Ve) or Fresh Fruit (Ve) or Yoghurt | Chocolate Cookie (Ve) <br> or <br> Fresh Fruit (Ve) or Yoghurt |

## Available Daily <br> Freshly Baked Bread <br> Packed Lunch Offer

## Menu Notes

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Spring Summer Bubble Menu
Week Three
[School Name Here]
Week Three Dates

| Primary Menu Week 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Main Meal Option One | Beef Burger in a Bun with Baked New Potatoes | Classic Chicken Curry \& Wholegrain Rice | Wholemeal Margherita Pizza Baked Jacket Wedges | Smoky Pulled Chicken Wrap \& Potato Wedges | Fish Fingers \& Chips |
| Jacket Potato Option | Freshly Baked Jacket Potato with your Choice of Toppings: <br> Tuna \& Mayonnaise <br> Grated Cheese <br> Baked Beans (Ve) <br> Salmon \& Mayonnaise |  |  |  |  |
| Main Meal Option Two | Veggie Burrito \& Baked New Potatoes (Ve) | Veggie Chickpea \& Bean Curry \& Wholegrain Rice (Ve) | Veggie Keema Curry with Wholegrain Rice (Ve) or Tomato \& Basil Pasta (Ve) | Vegetarian Pasta Carbonara \& Garlic Bread | Veggie Sausage Hotdog, Chips \& Tomato Sauce (Ve) |
| Vegetables | Sweetcorn | Green Beans | Garden Peas | Carrots | Baked Beans |
| Dessert | Apple Sponge or Fresh Fruit or Yoghurt | Chocolate Brownie or Fresh Fruit (Ve)or Yoghurt | Shortbread (Ve) <br> or <br> Fresh Fruit (Ve) <br> or Yoghurt | Carrot Cake with Orange Wedges <br> or <br> Fresh Fruit (Ve) <br> or Yoghurt | Ginger Biscuit (Ve) <br> or Fresh Fruit or Yoghurt |

## Available Daily

Freshly Baked Bread
Packed Lunch Offer

## Menu Notes

This reduced menu has been designed in line with the Government's School Food Standards. It provides the option of a meat/ fish dish daily as well as a vegetarian or vegan meal option, including a vegetarian non-dairy protein option, 3 times a week. A portion of fruit and vegetables is offered daily, along with a portion of dairy, and there is the offer of a dessert containing at least $50 \%$ fruit twice a week. There are one or more wholegrain options available each week, and foods cooked in oil are
limited to once per week.


