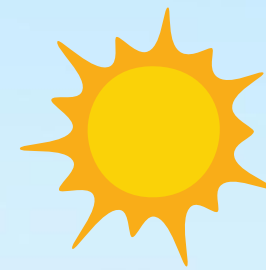


Week 1 - Spring / Summer 2023 Menu

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



Twelve15



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
Cheese & Beans or
Tuna Mayo

Tomato Pasta Pot
🌿

Jacket Potato with
Cheese & Beans or
Tuna Mayo

Cheese or Ham Wrap

Jacket Potato with
Cheese & Beans or
Salmon 🐟

Vegetables

Coleslaw
Garden Peas

Sweetcorn
Green Beans

Carrots
Broccoli

Medley of Vegetables

Garden Peas
Baked Beans

Dessert

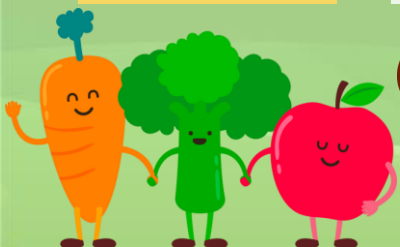
Shortbread Biscuit

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

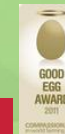
Look out for these symbols
on our healthy choices

🌿 Vegetarian 🐟 Oily Fish
🌾 Wholegrain 🍊 Fruity



We only use fish
from sustainable
sources

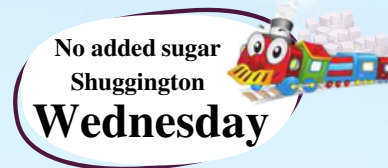
Harry Ramsden's
Junior



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
Cheese & Beans or
Tuna Mayo**

Tomato Pasta Pot ♡

**Jacket Potato with
Cheese & Beans or
Tuna Mayo**

Cheese or Ham Wrap

**Jacket Potato with
Cheese & Beans or
Salmon** 🐟

Vegetables

**Green Beans
Carrots**

**Garden Peas
Sweetcorn**

**Cauliflower
Carrots**

**Sweetcorn
Broccoli**

**Baked Beans
Garden Peas**

Dessert

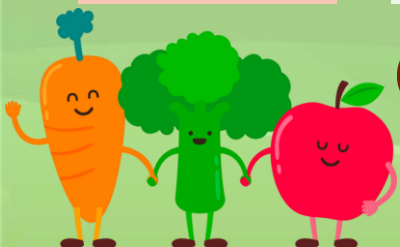
Banana Pancakes 🍌

Mixed Berry Mousse

**Cheese & Biscuits
with Apple Slices** 🍏

Fruit Yoghurt

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



Reduced sugar
and salt recipes



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



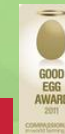
Wholegrain



Fruity



We only use fish
from sustainable
sources



Harry Ramsden's
Junior



Week 3 - Spring / Summer 2023 Menu

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



No added sugar
Shuggington
Thursday

Friday

Option 1

Meat free
Monday



Tuesday

Wednesday

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 & Beans or
Tuna Mayo

Tomato Pasta Pot

Jacket Potato with
Cheese & Beans or
Tuna Mayo

Cheese or Ham Wrap

Jacket Potato with
Cheese & Beans or
Salmon

Vegetables

Coleslaw
Broccoli

Sweetcorn
Garden Peas

Carrots
Cabbage

Green Beans
Sweetcorn

Baked Beans
Garden Peas

Dessert

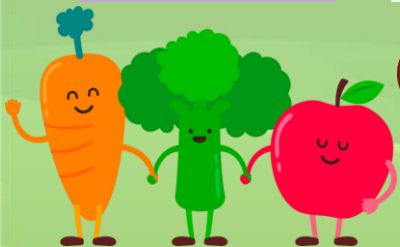
Fruit Yoghurt

Apple Muffin with
Whipped Creme
Fraiche

Strawberry Mousse

Fresh Fruit Salad

Waffle with Peaches
& Whipped Creme
Fraiche



Reduced sugar
and salt recipes



Free for everyone
in Reception,
Year 1 and 2

Unlimited freshly
baked bread and
vegetables, crudites 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

