# WEEK 3 MENU

**WEEK STARTING** 

29 **APR** 

20 MAY

**17** JUN

8 JUL

23 **SEP** 

14 OCT

# MONDAY

#### **CHOOSE FROM**

Somerset cheddar cheese. onion and potato pasty (V)

Chicken nuggets with diced potatoes

#### ON THE SIDE

Vegetables of the day or salad

#### TO FINISH

Freshly baked marble shortbread biscuit

# **TUESDAY**

#### **CHOOSE FROM**

Plant-based sausage hotdog with diced potatoes (19)

Chicken curry with a blend of brown and white rice

#### ON THE SIDE

Vegetables of the day or salad

#### **TO FINISH**

Freshly baked marble shortbread biscuit

# WEDNESDAY

#### **CHOOSE FROM**

Handmade margherita pizza 🕡

**Beef bolognaise** pasta bake

#### ON THE SIDE

Vegetables of the day or salad

#### **TO FINISH**

Chocolate banana cake

## **FRIDAY**

#### **CHOOSE FROM**

Quorn pieces in a Yorkshire pudding **v** 

**THURSDAY** 

Sliced gammon and Yorkshire pudding

#### ON THE SIDE

Roast potatoes, gravy and vegetables of the day

#### **TO FINISH**

Lemon drizzle cake

#### **CHOOSE FROM**

Somerset cheddar cheese and potato frittata (V)

Bake omega 3 fillet fish fingers and chips

#### ON THE SIDE

Vegetables of the day or salad

**TO FINISH** 

**Flapjack** 



## Scan to download

our calendar and picture menu resources.



# YOUR SCHOOL



**Education Catering** 

**APRIL - OCTOBER 2024** 

# FOOD TO FLOURISH

Our nutritious lunches, on our three-week menu cycle, help children flourish by giving them the right balance of nutrients and energy.

Our primary menus comply with the Government's food and nutritional standards. meeting an average of 530 CALORIES FOR EACH MEAL.

The meals we prepare and serve adhere to the Government's School Food Plan. It includes the recommendations for portion sizes and food groups for all primary aged pupils.





We have added **PLANT POWER** (additional veggies) to over half of our menu.

These added nutrients benefit pupils and protect the planet.









Fish on our menu is FROM WELL-MANAGED AND SUSTAINABLE SOURCES

#### **SAY YES TO SUCCESS**

**SCHOOL LUNCH** 

**FOR EVERY** 

FO EYFS & KS1 PUP

as part of the Government's UIFSM programme.

Scan to find out more.



# WEEK 1 MENU

**WEEK STARTING** 

15 **APR** 

6 MAY

3 JUN

24 JUN 15 9 JUL **SEP** 

**30** SEP

21 OCT

# MONDAY

**CHOOSE FROM** 

Tomato pasta (V)

Chicken fajita with a blend of brown and white rice **v** 

ON THE SIDE

Vegetables of the day or salad

**TO FINISH** 

Freshly baked chocolate shortbread biscuit

# **TUESDAY**

**CHOOSE FROM** 

Sweet potato and lentil curry with a blend brown and white rice (9)

Pork sausages with mashed potato and gravy

ON THE SIDE

Vegetables of the day or salad

**TO FINISH** Fruit and jelly

# WEDNESDAY

**CHOOSE FROM** 

Handmade margherita pizza 🔍

**Bubble salmon with** crinkle cut wedges

**ON THE SIDE** 

Vegetables of the day or salad

Banana cake

#### **MEAT FREE** MONDAY

13

MAY

10

JUN

**CHOOSE FROM** 

Vegetarian sausage roll with mashed potato (V)

**WEEK STARTING** 

22

**APR** 

Macaroni cheese with Somerset cheddar (V)

ON THE SIDE

Vegetables of the day or salad

Freshly baked shortbread biscuit

# **TUESDAY**

22

JUL

16

**SEP** 

WEEK 2 MENU

**CHOOSE FROM** 

JUL

Somerset cheddar cheese and tomato guesadilla with diced potatoes (V)

Chicken Katsu curry with a blend of brown and white rice

ON THE SIDE

Vegetables of the day or salad

TO FINISH Fresh fruit wedges

## WEDNESDAY

**CHOOSE FROM** 

OCT

Handmade margherita pizza 🔍 🐧

Ham carbonara with penne pasta

ON THE SIDE

Vegetables of the day or salad

Apple sponge cake

# **THURSDAY**

**CHOOSE FROM** 

Vegetable wellington

Sliced beef Yorkshire pudding

ON THE SIDE

Roast potatoes, gravy and vegetables of the day

**TO FINISH** 

Chocolate sponge cake

# **FRIDAY**

**CHOOSE FROM Roasted vegetable** lasagne (V)

Baked omega 3 fillet fish fingers and chips

ON THE SIDE

Vegetables of the day or salad

**TO FINISH** 

Jam and coconut sponge cake



**V** Vegetarian

1 Vegan Plant Power

All menu items are subject to change, based upon availability and in the event of unforeseen circumstances.

# **THURSDAY**

**CHOOSE FROM** 

Ouorn and leek crown (v)

Roast chicken and Yorkshire pudding

ON THE SIDE

Roast potatoes, gravy and vegetables of the day

Marble sponge cake

### **FRIDAY**

CHOOSE FROM

Plant-based burger in a bap with cheese and chips (V)

Bake omega 3 fillet fish fingers and chips

ON THE SIDE

Vegetables of the day or salad

Chocolate brownie

#### **FARM TO FORK**

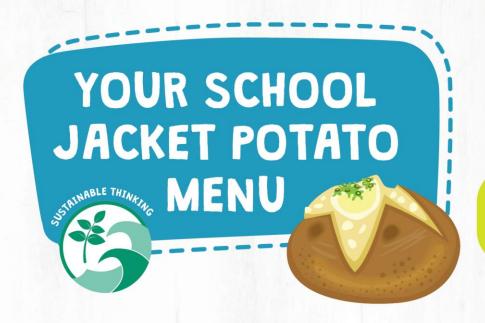
We support British farming and are committed to full traceability in every meal we serve. Scan to find out more about our suppliers.













Education Catering

All served with vegetables of the day or salad and dessert of the day

MONDAY	Tuna Mayonnaise
TUESDAY	Baked Beans
WEDNESDAY	Cheddar Cheese
THURSDAY	Baked Beans
FRIDAY	Cheddar Cheese













From 15th April 2024

MONDAY	Ham Roll Served with Cucumber Sticks, Fruit and Pudding
TUESDAY	Cold Tomato Pasta Pot Served with Carrot Sticks, Fruit and Pudding
WEDNESDAY	Tuna Mayonnaise Roll Served with Cucumber Sticks, Fruit and Pudding
THURSDAY	Cold Tomato Pasta Pot Served with Carrot Sticks, Fruit and Pudding
FRIDAY	Cheddar Cheese Roll Served with Cucumber Sticks, Fruit and Pudding

ALL SERVED
WITH VEGETABLE
STICKS AND
FRESH FRUIT
WEDGES









17/hc3seducation

