

Spring / Summer Menu Week 2

St Thomas C of E VA Primary School, Heaton Chapel

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Sausage & Mash with Gravy	Beef Lasagne with Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Rainbow Vegetable Pizza with Tomato Pasta 	Battered Pollock & Chips 
Main Meal Option 2				Spaghetti with Plant-based Meatballs in an Arrabbiata Sauce ^{VG} with Garlic Bread 	
Vegetarian Option 2 (as an alternative to Option 2)	Veggie Sausage & Mash with Gravy ^{VG} 	Plant-based Lasagne with Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 		Cheese Quiche & Chips
Vegetables	Broccoli, Sweetcorn & Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Garden Peas & Sliced Carrots 	Garden Peas & Baked Beans 
Sandwiches	Freshly made sandwiches with Cheddar, Tuna Mayonnaise or Ham		Freshly made sandwiches with Cheddar, Tuna Mayonnaise or Ham		Freshly made sandwiches with Cheddar, Tuna Mayonnaise or Ham
Baked Jacket Potatoes		Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 		Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese 	
Dessert	Banana Bread Cookie	Raspberry Jelly & Fruit Slices ^{VG} 	Blueberry Cake & Custard	Fruit Slices & Flapjack ^{VG} 	Chocolate Mousse

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



Vegan

VG

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.