

Spring / Summer Menu Week 3

St Thomas C of E VA Primary School, Heaton Chapel

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Burger with Potato Wedges 	Sweet & Sour Chicken with Yellow Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad 	Fish Fingers & Chips 
Main Meal Option 2		Pasta Twists in a Tomato & Basil Sauce 			
Vegetarian Option 2 (as an alternative to Option 2)	Vegetable Burger with Potato Wedges 	Sweet & Sour Vegetables with Yellow Rice ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Pasta and Cauliflower Cheese Bake 	Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn & Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens, Carrots & Salad 	Broccoli, Sweetcorn & Coleslaw 	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	Chocolate Cookie ^{VG}	Pineapple Upside Down Cake & Custard 	Orange Jelly ^{VG}	Chocolate & Apple Cake 	Iced Sponge Cake with Sprinkles

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.