











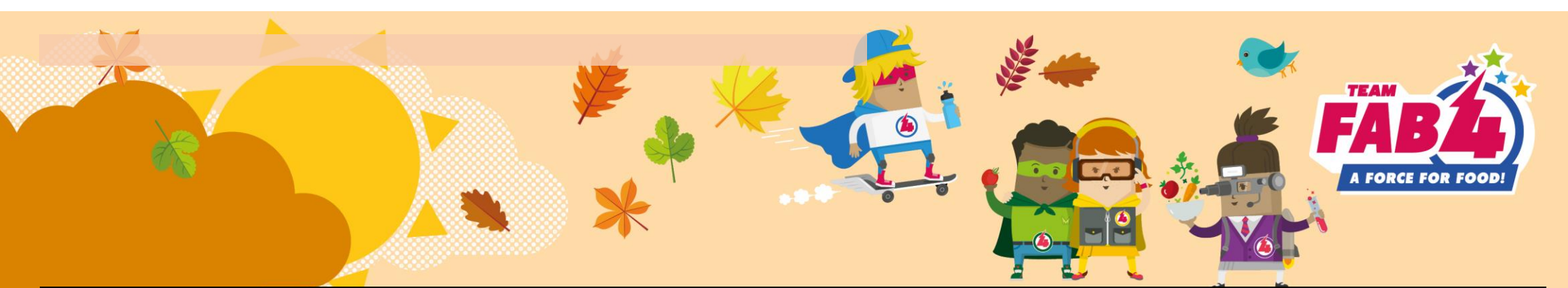
| WEEK ONE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|---|---|--|--|
| Main Option | Cheesy Bean Pitta Pockets & Rice  | Hearty Pasta Bolognese with Peppers  | Toad in the Hole, Roast Potatoes & Gravy | Homemade Macaroni Cheese & Garlic Bread | Cod Fishfingers & Chips |
| Vegetables | Mixed Vegetables, Sweetcorn  | Peas, Cauliflower  | Carrots, Seasonal Greens  | Green Beans, Sweetcorn  | Baked Beans, Peas  |
| Baked Jacket Potatoes | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese, Beans, Salmon Mayonnaise  |
| Dessert | Homemade Apple Sponge Cake  | Oaty Flapjack Finger | Fruity Strawberry Jelly & Mandarin segments  | Homemade Vanilla Sponge & Custard | Chocolate Shortbread |









Available Daily:
Vegetable Sticks, Fresh Bread, Fresh Fruit & Yoghurt

| | | | | |
|---|---|--|---|--|
| Portion(s) of fruit or veg  | Source of wholegrain  | Contains plant-based proteins  | 50% fruit  | Oily fish  |
|---|---|--|---|--|

Our desserts meet Public Health 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.



| WEEK TWO | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|---|---|--|---|
| Main Option | Plant-based Bolognese Pasta with Lentils, Peppers & Basil  | Smokey BBQ Meatballs & Rice | Filled Yorkshire Puddings with mince Beef & Vegetable Mince & Roast Potatoes | Tomato Basil Pasta & Garlic Bread | Cheese & Onion Pastry Roll & Chips |
| Vegetables | Sweetcorn, Peas  | Green Beans, Carrots  | Cauliflower, Seasonal Greens  | Mixed Vegetables, Sweetcorn  | Baked Beans, Peas  |
| Baked Jacket Potatoes | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans |
| Dessert | Apple & Sultana Crumble Bar  | Homemade Lemon Cake & Custard | Fruity Jelly | Chocolate Cookie | Banana Cake & Fruit Slices  |








Available Daily: Vegetable Sticks, Fresh Bread, Fresh Fruit & Yoghurt

| | | | | |
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|---|---|--|---|--|

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| WEEK THREE | GREEN EARTH MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|---|---|--|---|--|
| Main Option | Homemade Cheese & Tomato Pizza & Wedges | Beef Chilli & Rice | Roast Chicken Roast Potatoes & Gravy | Sausage Roll & Wedges | Cod Fishfingers & Chips |
| Vegetables | Sweetcorn, Cauliflower  | Mixed Vegetables, Peas  | Seasonal Greens, Carrots  | Green Beans, Cauliflower  | Baked Beans, Peas  |
| Baked Jacket Potatoes | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans | Jacket Potato with Tuna Mayonnaise or Cheese or Beans |
| Dessert | Citrus Lemon Drizzle Cake | Homemade Chocolate Sponge & Custard | Oaty Flapjack Finger with Fruit  | Shortbread & Mandarin Pieces  | Chocolate Banana Cake |

Available Daily: Vegetable Sticks, Fresh Bread, Fresh Fruit & Yoghurt

| | | | | |
|---|---|--|---|--|
| Portion(s) of fruit or veg  | Source of wholegrain  | Contains plant-based proteins  | 50% fruit  | Oily fish  |
|---|---|--|---|--|

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