

















Spring / Summer Menu Week 1

St Thomas' C of E VA Primary School, Heaton Chapel

Eativerse
A UNIVERSE OF FOOD AND DRINK

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Whole meal Margherita Pizza & Pasta Salad 	MSC Fish Fingers & Chips
Main Meal Option 2				Rainbow Vegetable Lentil Pitta Pockets & Hummus ^{VG} 	Vegetable & Bean Quesadilla, Chips 
Vegetarian Option 2 (as an alternative to Option 2)	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges 	Mild Sweet Potato & Chickpea Curry & Mixed Wholegrain & White Rice ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 		
Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn 	British Red Tractor Garden Peas, Sliced Carrots 	Broccoli, Cauliflower & Carrots 	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham		Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham		Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham
Baked Jacket Potatoes		Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 		Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	
Dessert	Banana Mousse & Orange Smiles 	Marble Sponge ^{VG} & Custard	Strawberry Jelly with Watermelon Slice ^{VG} 	Vanilla Cookie ^{VG}	Iced Sponge Cake with Sprinkles

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan

VE

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.