

Spring / Summer Menu Week 1 GREAT MOOR JUNIOR SCHOOL



WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Whole meal Margherita Pizza & Pasta Salad 	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Option	Tomato Pasta Salad 	Macaroni Cheese	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges 	Cheese Flan, Chips & Ketchup
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 
Baked Jacket Potatoes/Sandwiches	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo, 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.