

Spring / Summer Menu Week 2

GREAT MOOR JUNIOR SCHOOL



WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Whole meal Margherita Pizza & Tomato Pasta Salad 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Option	Vegetable Chili & Sunny Vegetable Rice Vg 	Veggie Sausage with Mash & Gravy Vg 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Crispy Vegetable Fingers & Chips Vg
Vegetables	British Red Tractor Garden Peas, Baked Beans 	Broccoli, Cauliflower & Carrots 	Broccoli, Carrots & Sweetcorn 	British Red Tractor Garden Peas, or Sliced Carrots 	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 or Cheese or Beans 
Dessert	Banana Cake Vg & Custard 	Shortbread & Orange Slices Vg 	Hidden Fruit Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg

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