

















St Paul's Primary School

Spring Summer 24 – Week One

15 Apr, 6 May, 27 May, 17 June, 8 July, 29 July, 19 August, 9 Sept, 30 Sept, 21 Oct



V35523

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread 	Chicken Enchiladas served with a portion of Sunny Vegetable Rice 	Chicken Pie & Mashed Potatoes	Creamy Korma Style Chicken & Lentil Curry served with Mixed Rice 	Friday Fish Fingers served with Chips & Tomato Ketchup 
Vegetarian Main Meal Option 2 (To Match Main Option 1)	Creamy Vegetable Penne Pasta Carbonara 	Vegetable Enchiladas (Ve) served with a portion of Sunny Vegetable Rice 	Vegemince & Vegetable Pie (Ve) served with Mashed Potato 	Sweet Potato, Spinach & Chick Pea Korma (Ve) served with Mixed Rice 	Cheese Flan or Quiche served with chips & tomato ketchup 
Filled Sandwiches	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 
Jacket Potato/ Pasta	Jacket Potato with Cheese or Baked Beans	Italian Tomato Pasta	Pasta with cheese	Jacket Potato with Cheese or Baked Beans	Italian Tomato Pasta
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Marble Sponge & Custard	Chocolate Shortbread Biscuits (Ve) & Fruit Slices 	Iced Banana Traybake	Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice 	Chocolate Ice Cream

Available Daily: Pick & Mix Selection, 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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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.

















St Paul's Primary School

Spring Summer 24 – Week Two

22 Apr, 13 May, 3 June, 24 June, 15 July, 5 Aug, 26 Aug, 16 Sept, 7 Oct



V35523

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Macaroni Cheese	Summer Halal Hot Dog Baguette served with freshly made Coleslaw Salad 	Roast Chicken served with Skin on Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta 	Friday Fish Fingers served with chips & tomato ketchup 
Vegetarian Main Meal Option 2 (To Match Main Option 1)	Korean Style Sticky BBQ Quorn, Vegetables & Noodles 	Summer Veggie Sausage Hot Dog Baguette (Ve) Served with freshly made Coleslaw Salad 	Vegemince Cottage Pie (Ve) 	Veggie Mince Bolognese & Penne Pasta (Ve) 	Cheese & Onion Puff Pastry Roll served with chips & tomato tetchup
Filled Sandwiches	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 
Jacket Potato/Pasta	Italian Tomato Pasta	Jacket Potato with Cheese or Baked Beans	Pasta with Cheese	Jacket Potato with Cheese or Baked Beans	Italian Tomato Pasta
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Ginger & Mandarin Traybake 	Strawberry Jelly (Ve)	Freshly Baked Chocolate Cookie (Ve)	Flapjack Finger with a fresh slice of watermelon (Ve) 	Homemade Shortbread Biscuits (Ve)

Available Daily: Pick & Mix Selection, 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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St Paul's Primary School

Spring Summer 24 – Week Three

29 Apr, 20 May, 10 June, 1 July, 22 July, 12 Aug, 2 Sept, 23 Sept, 14 Oct



V35523

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Veggie Meatballs & Potato Wedges 	Beef and Vegetable Pie served with Homemade Skin On Baked Potato Wedges	Gently Spiced Moroccan Chicken Tagine served with Summer Vegetable Rainbow Cous Cous 	Korean Style Sticky BBQ Chicken & Vegetables served with Noodles 	Friday Fish Fingers served with chips & tomato ketchup 
Vegetarian Main Meal Option 2 (To Match Main Option 1)	Macaroni Cheese	Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges	Gently Spiced Moroccan Roasted Chickpea Tagine served with Summer Vegetable Rainbow Cous Cous (Ve) 	Korean Style Sticky BBQ Quorn, Vegetables & Noodles 	Homemade Cheese & Tomato Pizza Whirl & Chips 
Filled Sandwiches	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 	Cheddar Cheese or Tuna Mayonnaise 
Jacket Potato/Pasta	Italian Tomato Pasta	Jacket Potato with Cheese or Baked Beans	Pasta and Cheese	Jacket Potato with Cheese or Baked Beans	Italian Tomato Pasta
Vegetable Selection	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad	Selection of Daily Vegetables & Mixed Fresh Salad
Dessert	Baked Apple Sponge served with Custard 	Tutti Frutti Jelly and Mandarins (Ve) 	Freshly Baked Vanilla Cookie (Ve)	Zesty Lemon & Blueberry Yoghurt Cake	Homemade Flapjack (Ve)

Available Daily: Pick & Mix Selection, 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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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.

