# EAT SMART WITH <br> WEEKS SERVED <br> MONDAY TUESDAY <br> WEDNESDAY 

THURSDAY

| 19 February <br> 18 March <br> 15 April <br> 13 May <br> 10 June <br> 2 September <br> 30 September | Golden Crumbed Fish Fingers <br> Sweetcorn \& Roasted Peppers Chipped / Baked Potato / Coleslaw Ice-Cream, Pears \& Chocolate Sauce | Homemade Cottage Pie <br> Spring Greens / Butternut Squash <br> Oven Baked Potato Wedges / Baked Potato <br> Summer Fruit Cheesecake | Beef Meatballs with Tomato \& Basil Sauce <br> Green Beans / Baton Carrots Steamed Rice / Pasta Spirals <br> Sticky Date Pudding \& Custard | Roast Gammon, Stuffing \& Gravy <br> Carrot batons and Garden peas Mashed / Oven Roast Potato <br> Golden Krispie Square | School "Chippy Day" Chicken Goujons <br> Beans / Mushy Peas Chipped / Baby New Potatoes Frozen Fruit Yoghurt |
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| 26 February <br> 25 March <br> 22 April <br> 20 May <br> 17 June <br> 9 September | Baked Pork Sausages \& Gravy <br> Baked Beans / Garden Peas Chipped / Baked Potato Ice-Cream \& Two Fruits | BBQ Pulled Pork Pizza Wrap <br> Sweetcorn / Baton Carrots Boiled Rice / Oven Roasted Garlic \& Paprika Wedges <br> Jaffa Cake Pots | Breaded Fish \& Lemon Mayo <br> Garden Peas / Diced Carrots Mashed / Baby Potato <br> Fruit Sponge \& Custard | Roast Turkey, Stuffing \& Gravy <br> Sweetcorn and cauliflower Mashed / Oven Roast Potato <br> Fresh Fruit Salad \& Yoghurt | Beef Burger / Bean Burger in Bap with Onions <br> Corn on the Cob / Pasta Salad Chipped Potato / Steamed Rice <br> Lemon Shortbread \& Melon Wedge |
| 4 March <br> 1 April <br> 29 April <br> 27 May <br> 24 June <br> 16 September | Beef Bolognaise <br> Sweetcorn / Broccoli Pasta Spirals / Mashed Potato Chocolate \& Orange Cookie | Breaded Fish \& Lemon Mayo <br> Mushy or Garden Peas / Baked Beans <br> Chipped Potato / Baked Potato <br> Raspberry Jelly \& Two Fruits | Chicken Curry \& Naan Bread <br> Diced Carrots \& Green Beans Noodles / Rice <br> Fruit Sponge \& Custard | Roast Chicken, Stuffing \& Gravy - Or - <br> Salmon \& Creamy Tomato Pasta <br> Broccoli and diced carrots <br> Mashed / Oven Roast Potato <br> Pineapple Delight | Hot Dog / Veggie Dog with Tomato Ketchup <br> Spaghetti Hoops / Corn on the Cob Chipped / Mashed Potatoes Ice-Cream \& Mandarin Oranges |
| 11 March <br> 8 April <br> 6 May <br> 3 June <br> 26 August <br> 23 September | Golden Crumbed Fish Fingers <br> Baked Beans \& Garden Peas Chipped / Baked Potato <br> Homemade Flakemeal Biscuit | Beef Ragu Italia <br> Sweetcorn / Diced Carrots / Coleslaw Oven Roasted Potato / Wedges / Rice / Salad <br> Mandarin Orange Sponge \& Custard | Chicken Curry \& Naan Bread <br> Garden Peas / Baton Carrots Boiled Rice / Mashed Potato <br> Arctic Roll and Peaches | Roast Beef Stuffing \& Gravy <br> Mixed veg and cauliflower <br> Mashed / Oven Roast Potato <br> Homemade Brownie \& Orange | Chicken Goujons \& Sweet Chilli Dip <br> Spaghetti Hoops / Corn on the Cob Chipped / Baby New Potatoes <br> Fruit Muffin \& Apple / Orange Juice |

