

Week 1 - Spring / Summer 2023 Menu

Week starting: 17th April, 8th May, 5th June, 26th June, 17th July, 18th September, 9th October



Twelve 15



Meat free
Monday

Tuesday

Wednesday

No added sugar
Shuggington
Thursday

Friday

Option 1

Cheese & Tomato Pizza
with Potato Tots

Pork Sausages
with Creamed Potato
& Gravy

Roast Pork
with Roast Potatoes
& Gravy

Wholemeal Pasta
Beef Bolognese

Harry Ramsden's
Junior Battered Fish
with Oven Chips

Option 2

Plant Based Sausage
Roll with Potato Tots

Meat-Free Sausage
with Creamed Potato
& Gravy

Quorn Fillet
with Roast Potatoes
& Gravy

Ricotta Cheese &
Spinach Wholemeal
Ravioli in Tomato Sauce

Garden Vegetable
Goujons
with Oven Chips

Vegetables

Coleslaw
Garden Peas

Sweetcorn
Green Beans

Carrots
Broccoli

Medley of Vegetables

Garden Peas
Baked Beans

Dessert

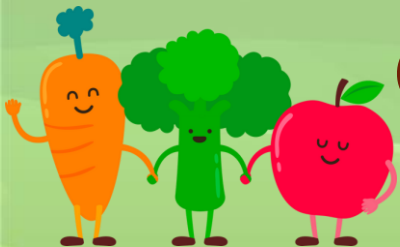
Shortbread Biscuit

Fruit Yoghurt

Orange & Mandarin
Jelly with Whipped
Creme Fraiche

Fresh Fruit Salad

Vanilla Ice Cream



LOW SALT

Reduced sugar
and salt recipes

LESS SUGAR

Free for everyone
in Reception,
Year 1 and 2

Unlimited freshly
baked bread and
vegetables, crudites or
salad bar every day

Look out for these symbols
on our healthy choices

Vegetarian Oily Fish
Wholegrain Fruity



We only use fish
from sustainable
sources



Harry Ramsden's
Junior

Designed by Twelve 15
Favourites

Week 2 - Spring / Summer 2023 Menu

Week starting: 24th April, 15th May, 12th June, 3rd July, 4th September, 25th Sep, 16th October



Twelve 15



Meat free
Monday



Tuesday

No added sugar
Shuggington
Wednesday



Thursday

Friday

Option 1

Mac 'n' Cheese with
Wholemeal Garlic
Bread



Beef Burger in a Bun
with Oven Chips

Roast Chicken
with Roast Potatoes
& Gravy

Sweet & Sour Pork
with Noodles

Fish Fingers
with Potato Tots

Option 2

Meat-Free
Glamorgan Sausage
with Potato Wedges



Southern Style Meat-
Free Burger in a Bun
with Oven Chips



Quorn Fillet
with Roast Potatoes
& Gravy



Ricotta & Mozzarella
Filled Ravioli in
Tomato Sauce



Veggie Burrito



Vegetables

Green Beans
Carrots

Garden Peas
Sweetcorn

Cauliflower
Carrots

Sweetcorn
Broccoli

Baked Beans
Garden Peas

Dessert

Banana Pancakes



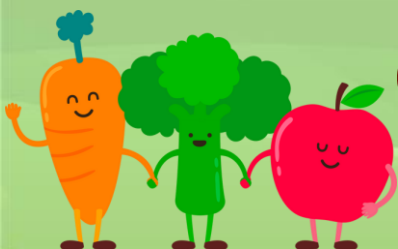
Mixed Berry Mousse

Cheese & Biscuits
with Apple Slices



Fruit Yoghurt

Chocolate & Beetroot
Brownie with Whipped
Creme Fraiche



LOW
SALT

Reduced sugar
and salt recipes

LESS
SUGAR

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in Reception,
Year 1 and 2

Unlimited freshly
baked bread and
vegetables, crudites or
salad bar every day

Look out for these symbols
on our healthy choices

Vegetarian Oily Fish
Wholegrain Fruity



We only use fish
from sustainable
sources

Harry Ramsden's
Junior



Designed by Twelve 15
Twelve 15
Favourites

Week 3 - Spring / Summer 2023 Menu


Week starting: 1st May, 22nd May, 19th June, 10th July, 11th September, 2nd October



Meat free
Monday 

Tuesday

Wednesday

No added sugar
Shuggington
Thursday 

Friday

Option 1

 **Wholemeal** 
Pasta Bake

BBQ Chicken
with Rice

Roast Turkey Teddy
Meatloaf with Roast
Potatoes & Gravy

Minced Beef &
Vegetable Pie with
New Potatoes & Gravy



Harry Ramsden's
Junior Battered Fish
with Oven Chips


Option 2

Meat-Free Chilli
Topped Wedges 

Sweet Potato Whirl
with Rice 

Quorn Fillet
with Roast Potatoes
& Gravy 

Meat-Free Veggie Balls
in Cheese & Tomato
Sauce with Wholemeal
Pasta  

Meat-Free Sausage &
Tomato Roll
with Oven Chips 

Vegetables

Coleslaw
Broccoli

Sweetcorn
Garden Peas

Carrots
Cabbage

Green Beans
Sweetcorn

Baked Beans
Garden Peas

Dessert

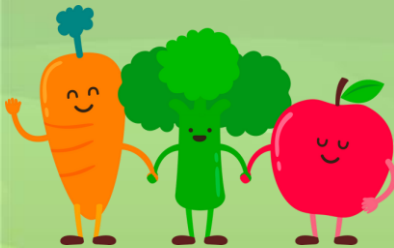
Fruit Yoghurt

Apple Muffin with
Whipped Creme
Fraiche

Strawberry Mousse

Fresh Fruit Salad 

Waffle with Peaches
& Whipped Creme
Fraiche 



LOW SALT
Reduced sugar
and salt recipes
LESS SUGAR

Free for everyone
in Reception,
Year 1 and 2

Unlimited freshly
baked bread and
vegetables, crudites or
salad bar every day

Look out for these symbols
on our healthy choices

-  Vegetarian
-  Oily Fish
-  Wholegrain
-  Fruity

