

Spring Summer Menu 23 – Week One

Wexham Court Primary

17th April, 8th May, 29th May, 19th June, 10th July, 31st July, 21st Aug, 11th Sept, 2nd Oct, 23rd Oct



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza, Herby Diced Potatoes	Italian Chicken & Mixed Rice	Roast Chicken Roast Potatoes & Gravy	Sausage Pasta Bake	Fish Fingers Oven Chips & Tomato Ketchup
VEGETARIAN	Loaded Jacket Wedges with Baked Beans or Cheese	Cheesy Pea Pasta	Quorn Roast Roast Potatoes & Gravy	Vegetable Sausage Pasta Bake	Beany Tomato Ragù & Fluffy Cous Cous
HALAL		Italian Chicken & Mixed Rice	Roast Chicken Roast Potatoes & Gravy	Chicken Sausage & Pasta Bake	
VEGETABLES	Carrot & Cucumber Mixed Vegetables	Garden Peas Carrots	Cauliflower Seasonal Greens	Green Beans Sweetcorn, Salad	Baked Beans Peas
JACKETS PASTA	Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans Pasta with Cheese or Tomato Sauce				
DESSERT	Oat & Raisin Slice	Cheese & Biscuits	Frozen Yoghurt	Vanilla Blondie & Apple Wedges	Strawberry Traybake

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Non-sweetened fruit and vegetable portions listed are calculated using School Food Standards. Do not sign your booklets on the evening & then of a child's recommended 'free sugar' intake.

Spring Summer Menu 23 – Week Two

Wexham Court Primary

24th April, 15th May, 5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Rainbow Pizza & Herby Diced Potatoes	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Chicken Roast Potatoes & Gravy	Chicken Tikka Curry & Mixed Rice	Fish Fingers Oven Chips & Tomato Ketchup
	Loaded Jacket Wedges with Baked Beans or Cheese	Margherita Macaroni	Vegetable Sausage Roast Potatoes & Gravy	Cheese & Onion Pastry Roll & Potato Wedges	Veggie Burger & Oven Chips
VEGETARIAN					
		Chicken & Sweetcorn Meatballs Tomato Sauce & Pasta	Roast Chicken Roast Potatoes & Gravy	Chicken Tikka & Mixed Rice	
HALAL					
VEGETABLES	Sweetcorn, Peas Salad	Green Beans Cauliflower	Carrots Savoy Cabbage	Mixed Vegetables Salad	Baked Beans Peas
JACKET'S PASTA		Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans Pasta with Cheese or Tomato Sauce			
	Flapjack Finger	Fruit Salad	Jelly & Mandarins	Low Sugar Fruity Jam Bun	Frozen Yoghurt
DESSERT					

Available Daily: Salad, 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 Standard Portion sizes. Our average for desserts do not exceed a third of a child's recommended 'free sugar' intake.

Spring Summer Menu 23 – Week Three

Wexham Court Primary

1st May, 22nd May, 12th June, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza & Herby Diced Potatoes	Chicken Hot Dog & Baked Potato Wedges	Roast Chicken Roast Potatoes & Gravy	BBQ Chicken, Vegetable Burrito & Mixed Rice	Fish Fingers Oven Chips & Tomato Ketchup
VEGETARIAN	Loaded Jacket Wedges with Baked Beans or Cheese	Veggie Mince Pasta Bake	Quorn Roast Roast Potatoes & Gravy	Macaroni Cheese	Cheese & Onion Quiche & Oven Chips
HALAL		Chicken Hot Dog & Baked Potato Wedges	Roast Chicken Roast Potatoes & Gravy	BBQ Chicken Vegetable Burrito & Mixed Rice	
VEGETABLES	Mixed Vegetables Salad	Peas, Sweetcorn	Spring Greens Cauliflower	Green Beans Carrots	Baked Beans Garden Peas
JACKETS PASTA	Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans Pasta with Cheese or Tomato Sauce				
DESSERT	Shortbread	Fruity Flapjack with Banana	Oat Crunch	Apple Turnover	Cereal Bake

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or Veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish

Our desserts meet Public Health England's target for 'free sugar' intake for your child.

Recommended fruit and vegetable portions (1st-6th year) are calculated using school food standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.