

# Week 1 - Spring / Summer 2023 Menu

Week starting: 18th September, 9th October



Twelve 15



Meat free  
**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Option 1**

Cheese & Tomato  
Pizza 🍷 🌾

Pork Sausages  
with Creamed Potato  
& Gravy

Roast Pork  
with Roast Potatoes  
& Gravy

Wholemeal Pasta  
Beef Bolognese 🌾

Cod Star Fishcake  
with Oven Chips

**Option 2**

Cheese & Tomato  
Pizza 🍷 🌾

Meat-Free Sausage  
with Creamed Potato  
& Gravy 🍷

Quorn Fillet  
with Roast Potatoes  
& Gravy 🍷

Wholemeal Pasta in  
Tomato Sauce with  
🌾 Cheese Topping 🍷

Garden Vegetable  
Goujons  
with Oven Chips 🍷

**Option 3**

Jacket Potato with  
Cheese, Baked Beans  
or Salmon 🐟

Cheese or Tuna  
Wrap

Cheesy Pasta Pot 🍷

Jacket Potato with  
Cheese or Baked Beans

Cheese or Ham  
Wrap

**Vegetables**

Coleslaw  
Garden Peas

Sweetcorn  
Green Beans

Carrots  
Broccoli

Medley of Vegetables

Garden Peas  
Baked Beans

**Dessert**

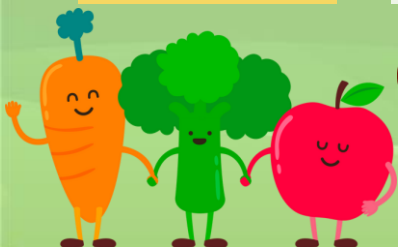
Shortbread Biscuit

Fruit Yoghurt

Fresh Fruit Salad  
with Crème Fraîche 🍊

Orange & Mandarin  
Jelly 🍊

Vanilla Ice Cream



LOW SALT

Reduced sugar  
& salt recipes

LESS SUGAR

Free for everyone  
in Reception and  
Years 1 & 2

Unlimited freshly  
baked bread and  
vegetables, crudités 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



Designed by Twelve 15  
Twelve 15  
Favourites

# Week 2 - Spring / Summer 2023 Menu

Week starting: 4th September, 25th September, 16th October



Twelve 15

Meat free  
**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Option 1**

Wholemeal Pasta in  
Tomato Sauce with  
🌾 Cheese Topping 🍷

Beef Burger in a Bun  
with Oven Chips

Roast Chicken  
with Roast Potatoes  
& Gravy

Sweet & Sour Pork  
with Noodles

Fish Fingers  
with Oven Chips

**Option 2**

Pizza Swirl 🍷  
with Potato Wedges

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

Quorn Fillet  
with Roast Potatoes  
& Gravy 🍷

Mac 'n' Cheese with  
Wholemeal Garlic  
🌾 Bread 🍷

Veggie Burrito 🍷

**Option 3**

Jacket Potato with  
Cheese, Baked Beans  
or Salmon 🐟

Cheese or Tuna  
Wrap

Tomato Pasta Pot 🍷

Cheese or Ham  
Wrap

Jacket Potato with  
Cheese or Baked Beans

**Vegetables**

Green Beans  
Carrots

Garden Peas  
Sweetcorn

Cauliflower  
Carrots

Sweetcorn  
Broccoli

Baked Beans  
Garden Peas

**Dessert**

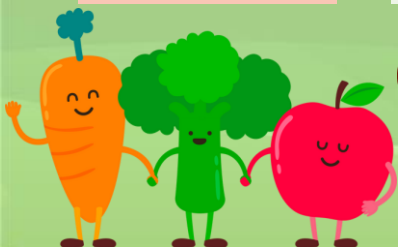
Banana Muffin 🍌

Mixed Berry Mousse

Cheese & Biscuits  
with Apple Slices 🍏

Fruit Yoghurt

Chocolate & Beetroot  
Brownie  
with Crème Fraîche



LOW  
SALT

Reduced sugar  
& salt recipes

LESS  
SUGAR

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Years 1 & 2

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baked bread and  
vegetables, crudité's or  
salad bar every day

Look out for these symbols  
on our healthy choices

🍷 Vegetarian 🐟 Oily Fish  
🌾 Wholegrain 🍏 Fruity



Designed by Twelve 15  
Twelve 15  
Favourites

# Week 3 - Spring / Summer 2023 Menu

Week starting: 11th September, 2nd October



Twelve15



Meat free  
**Monday**



**Tuesday**

**Wednesday**

**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

Cod Star Fishcake  
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

**Option 3**

Jacket Potato with  
Cheese or Baked Beans

Cheese or Ham  
Wrap

Cheesy Pasta Pot

Jacket Potato with  
Cheese, Baked Beans  
or Salmon

Cheese or Tuna  
Wrap

**Vegetables**

Coleslaw  
Broccoli

Sweetcorn  
Garden Peas

Carrots  
Cabbage

Green Beans  
Sweetcorn

Baked Beans  
Garden Peas

**Dessert**

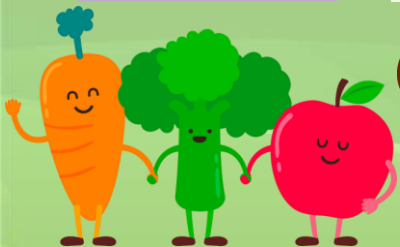
Fruit Yoghurt

Apple Muffin with  
Crème Fraîche

Fresh Fruit Salad

Strawberry Mousse

Shortbread Biscuit  
with Peaches  
& Crème Fraîche



Reduced sugar  
& salt recipes



Free for everyone  
in Reception and  
Years 1 & 2

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

Look out for these symbols  
on our healthy choices

Vegetarian Oily Fish  
Wholegrain Fruity



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from sustainable  
sources



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Favourites