







# Worlingham 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



V3SS23

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Wholemeal Cheese & Tomato Pizza served with Homemade Baked Wedges 	All Day Pork Sausage Breakfast served with Baked Omelette, Country Diced Potatoes & Baked Beans	Chicken Pie Served with Mashed Potatoes	Creamy Korma Style Chicken Curry served with Mixed Rice 	Friday Fish Fingers served with Chips & Tomato Ketchup
<b>Vegetarian Main Meal</b>	Cheesy Beans Pitta Pocket 	All Day Veggie Sausage Breakfast Served with Country Diced Potatoes & Baked Beans	Vegemince & Vegetable Pie (Ve) Served with Mashed Potato 	Macaroni Cheese with Garlic Bread	Cheese Quiche Served with Chips & Tomato Ketchup
<b>Jacket Potato Option</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Vegetable Selection</b>	Selection of Daily Vegetables Or Mixed Fresh Salad	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables
<b>Dessert</b>	Chocolate Shortbread Biscuits (Ve) & Fruit Slices 	Marble Sponge & Custard	Iced Banana Traybake	Chocolate Ice Cream	Oat & Raisin Cookie (Ve) & Fresh Fruit 

Available Daily: Pick & Mix Selection, Fresh Bread & Fresh Fruit

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 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.



# Worlingham 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



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Wholemeal Cheese & Tomato Pizza served with Homemade Baked Wedges 	Summer Hot Dog Baguette served with Freshly Made Coleslaw Salad 	Roast Gammon served with Skin on Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta 	Friday Fish Fingers served with Chips & Tomato Ketchup
<b>Vegetarian Main Meal Option</b>	Vegetable Enchiladas (Ve) Served with a portion of Sunny Vegetable Rice 	Summer Veggie Sausage Hot Dog Baguette (Ve) Served with Freshly Made Coleslaw Salad 	Vegemince Cottage Pie (Ve) 	Veggie Mince Bolognese & Penne Pasta (Ve) 	Sweet Potato, Spinach & Chick Pea Korma (Ve) Served with Mixed Rice 
<b>Jacket Potato Option</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Vegetable Selection</b>	Selection of Daily Vegetables Or Salad	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables
<b>Dessert</b>	Ginger & Mandarin Traybake 	Strawberry Jelly (Ve)	Freshly Baked Chocolate Cookie (Ve)	Flapjack Finger With a fresh slice of Fruit (Ve) 	Homemade Shortbread Biscuits (Ve)

Available Daily: Pick & Mix Selection, Fresh Bread & Fresh Fruit

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



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Wholemeal Cheese & Tomato Pizza served with Country Style diced Potatoes. 	Farm Assured Pork Sausage Roll with Homemade Skin on Baked Potato Wedges	Roast Chicken served with Skin on Roast Potatoes & Gravy	Sticky BBQ Chicken & Vegetables served with Noodles 	Friday Fish Fingers served with Chips & Tomato Ketchup
<b>Vegetarian Main Meal</b>	Cheese and Tomato Melt Served with Country Style Diced Potatoes	Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges	Savoury Vegetable Mince & Gravy served with a Yorkshire Pudding & Skin on Roast Potatoes 	Macaroni Cheese with Garlic Bread	Quorn Burger in a Bun served with Chips & Tomato Ketchup
<b>Jacket Potato Option</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Vegetable Selection</b>	Selection of Daily Vegetables Or Mixed Fresh Salad	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables
<b>Dessert</b>	Tutti Frutti Jelly and Mandarins (Ve) 	Baked Apple Sponge served with Custard. 	Freshly Baked Vanilla Cookie (Ve)	Zesty Lemon & Blueberry Yoghurt Cake	Homemade Flapjack (Ve)

Available Daily: Pick & Mix Selection, Fresh Bread & Fresh Fruit

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 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.

