















Spring/ Summer Menu 2023 – Week One

Fred Nicholson School

12th June, 3rd July, 24th July, 14th Aug, 4th Sept, 25th Sept, 16th Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza, Diced Potatoes 	Chicken & Mixed Rice 	Roast Chicken Roast Potatoes & Gravy	Sausage Pasta Bake	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN		Beany Tomato Casserole & Mixed Rice 	Vegetable Sausage, Roast Potatoes & Gravy	Vegetable Sausage Pasta Bake 	Cheesy Pasta
VEGETABLES	Mixed Vegetables 	Garden Peas Carrots 	Cauliflower Seasonal Greens 	Green Beans Sweetcorn 	Baked Beans Peas 
SANDWICHES, JACKETS,	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise. Egg Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise  Grated Cheese or Baked Beans				
DESSERT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce	Ice Cream & Banana 	Vanilla Biscuit & Apple Wedges 	Strawberry Cake

Available Daily: 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 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.
















Spring/ Summer 2023 Menu – Week Two

Fred Nicholson School

19th June, 10th July, 31st July, 21st Aug, 11th sept, 2nd Oct, 23rd Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Pizza, Herby Diced Potatoes 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Gammon, Roast Potatoes & Gravy	Chicken Curry & Mixed Rice 	Battered Fish Chips & Tomato Ketchup
VEGETARIAN		Veggie Burger & Potato Wedges	Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Pastry Roll & Potato Wedges	Margherita Macaroni 
VEGETABLES	Sweetcorn, Peas Salad 	Green Beans Cauliflower 	Carrots Savoy Cabbage 	Mixed Vegetables Salad 	Baked Beans Peas 
SANDWICHES, JACKETS,	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise, Egg Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise  , Grated Cheese or Baked Beans				
DESSERT	Flapjack Finger	Chocolate & Banana Muffin & Apple Wedges 	Jelly & Mandarins 	Fruity Jam Bun & Custard	Chocolate Ice Cream

Available Daily: 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 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.














Spring/ Summer 2023 Menu – Week Three

Fred Nicholson School



5th June, 26th June, 17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza & Herby Diced Potatoes 	Pork Hot Dog & Baked Potato Wedges	Roast Chicken Roast Potatoes & Gravy	BBQ Chicken, & Mixed Rice 	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN		Veggie Mince Pasta Bake 	Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Flan & Diced Potatoes	Macaroni Cheese
VEGETABLES	Mixed Vegetables 	Peas, Sweetcorn 	Spring Greens Cauliflower 	Green Beans Carrots 	Baked Beans Garden Peas 
SANDWICHES, JACKETS,	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise  , Egg Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Chocolate Shortbread Biscuit	Fruity Flapjack with Banana 	Oat Crunch Biscuit	Apple Sponge & Custard 	Chocolate Cornflake Cake

Available Daily: 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 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.

