



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







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



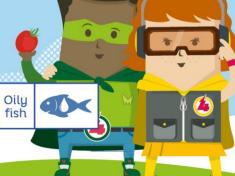
Contains plant-based proteins



50% fruit







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



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



















