

# Week 1 - Spring / Summer 2023 Menu

Week starting: 17th April, 8th May, 5th June, 26th June, 17th July, 18th September, 9th October



Twelve15



Meat free  
**Monday**



**Tuesday**

**Wednesday**

No added sugar  
Shuggington  
**Thursday**

**Friday**

**Option 1**

Cheese & Tomato Pizza  
with Potato Tots

Pork Sausages  
with Creamed Potato  
& Gravy

Roast Pork  
with Roast Potatoes  
& Gravy

Wholemeal Pasta  
Beef Bolognese

Harry Ramsden's  
Junior Battered Fish  
with Oven Chips

**Option 2**

Plant Based Sausage  
Roll with Potato Tots

Meat-Free Sausage  
with Creamed Potato  
& Gravy

Quorn Fillet  
with Roast Potatoes  
& Gravy

Ricotta Cheese &  
Spinach Wholemeal  
Ravioli in Tomato Sauce

Garden Vegetable  
Goujons  
with Oven Chips

**Option 3**

Chesse & Cucumber  
Baguette with Juice

Tuna & Sweetcorn  
Wrap, Apple Wedges  
& Carrot Sticks

Quorn Sausage &  
Salad with Baguette  
& Juice

Ham & Tomato  
Wrap, Orange  
Wedges & Cucumber  
Sticks

Egg Mayonnaise Roll  
& Juice

**Vegetables**

Coleslaw  
Garden Peas

Sweetcorn  
Green Beans

Carrots  
Broccoli

Medley of Vegetables

Garden Peas  
Baked Beans

**Dessert**

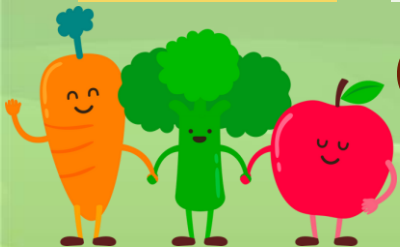
Shortbread Biscuit

Fruit Yoghurt

Orange & Mandarin  
Jelly with Whipped  
Creme Fraiche

Fresh Fruit Salad

Vanilla Ice Cream



Reduced sugar  
and salt recipes

LESS  
SUGAR

Free for everyone  
in Reception,  
Year 1 and 2

Unlimited freshly  
baked bread and  
vegetables, crudites 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



Harry Ramsden's  
Junior

Designed by Twelve15  
Twelve15  
Favourites

# Week 2 - Spring / Summer 2023 Menu

Week starting: 24th April, 15th May, 12th June, 3rd July, 4th September, 25th Sep, 16th October



Twelve 15

Meat free  
**Monday**



**Tuesday**

No added sugar  
Shuggington



**Wednesday**

**Thursday**

**Friday**

**Option 1**

Ricotta & Mozzarella  
Filled Ravioli in  
Tomato Sauce 🍷

Beef Burger in a Bun  
with Oven Chips

Roast Chicken  
with Roast Potatoes  
& Gravy

Sweet & Sour Pork  
with Noodles

Fish Fingers  
with Potato Tots

**Option 2**

Meat-Free 🍷  
Glamorgan Sausage  
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**

Chesse & Cucumber  
Baguette with Juice

Tuna & Sweetcorn  
Wrap, Apple Wedges  
& Carrot Sticks

Quorn Sausage &  
Salad with Baguette  
& Juice 🍷

Ham & Tomato  
Wrap, Orange  
Wedges & Cucumber  
Sticks

Egg Mayonnaise Roll  
& Juice

**Vegetables**

Green Beans  
Carrots

Garden Peas  
Sweetcorn

Cauliflower  
Carrots

Sweetcorn  
Broccoli

Baked Beans  
Garden Peas

**Dessert**

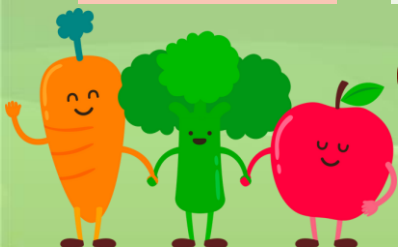
Banana Pancakes 🍌

Mixed Berry Mousse

Cheese & Biscuits  
with Apple Slices 🍌

Fruit Yoghurt

Chocolate & Beetroot  
Brownie with Whipped  
Creme Fraiche



LOW  
SALT

Reduced sugar  
and salt recipes

LESS  
SUGAR

Free for everyone  
in Reception,  
Year 1 and 2

Unlimited freshly  
baked bread and  
vegetables, crudites 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

Harry Ramsden's  
Junior



Designed by Twelve 15  
Twelve 15  
Favourites

# Week 3 - Spring / Summer 2023 Menu

Week starting: 1st May, 22nd May, 19th June, 10th July, 11th September, 2nd October



Twelve15



Meat free  
**Monday**



**Tuesday**

**Wednesday**

No added sugar  
Shuggington  
**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

Harry Ramsden's  
Junior Battered Fish  
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**

Chesse & Cucumber  
Baguette with Juice

Tuna & Sweetcorn  
Wrap, Apple Wedges  
& Carrot Sticks

Quorn Sausage &  
Salad with Baguette  
& Juice ♥

Ham & Tomato  
Wrap, Orange  
Wedges & Cucumber  
Sticks

Egg Mayonnaise Roll  
& Juice

**Vegetables**

Coleslaw  
Broccoli

Sweetcorn  
Garden Peas

Carrots  
Cabbage

Green Beans  
Sweetcorn

Baked Beans  
Garden Peas

**Dessert**

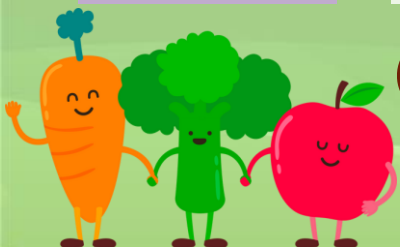
Fruit Yoghurt

Apple Muffin with  
Whipped Creme  
Fraiche

Strawberry Mousse

Fresh Fruit Salad 🍓

Waffle with Peaches  
& Whipped Creme  
Fraiche 🍓



LOW SALT

Reduced sugar  
and salt recipes

LESS SUGAR

Free for everyone  
in Reception,  
Year 1 and 2

Unlimited freshly  
baked bread and  
vegetables, crudites 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

Harry Ramsden's  
Junior



Designed by Twelve15  
Twelve15  
Favourites