

# Week 1 - Spring / Summer 2023 Menu

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



Twelve 15



No added sugar  
Shuggington



Meat free  
**Monday**



**Tuesday**

**Wednesday**

**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**

Jacket Potato with  
Cheese, Beans,  
Tuna or Salmon 

Cheese, Ham or  
Tuna Wrap

Cheese & Tomato  
Pasta Pot 

Jacket Potato with  
Cheese, Beans,  
Tuna or Salmon 

Cheese, Ham or  
Tuna Wrap

**Vegetables**

Coleslaw  
Garden Peas

Sweetcorn  
Green Beans

Carrots  
Broccoli


Medley of  
Vegetables


Garden Peas  
Baked Beans

**Dessert**

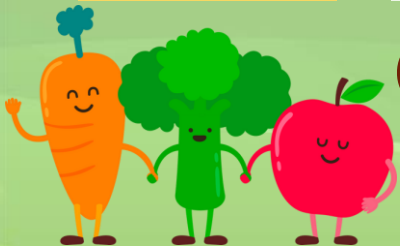
Shortbread Biscuit

Fruit Yoghurt

Orange & Mandarin  
Jelly with Whipped  
Creme Fraiche 

Fresh Fruit Salad 

Vanilla Ice Cream



LOW  
SALT





Reduced sugar  
and salt  
recipes

LESS  
SUGAR

Free for everyone  
in Reception,  
Year 1 and 2  
Only £2.70 for KS2  
Pupils

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 2 - Spring / Summer 2023 Menu

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



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**

Jacket Potato with Cheese, Beans, Tuna or Salmon 

Cheese, Ham or Tuna Wrap

Cheese & Tomato Pasta Pot 

Jacket Potato with Cheese, Beans, Tuna or Salmon 

Cheese, Ham or Tuna Wrap

**Vegetables**

Green Beans  
Carrots

Garden Peas  
Sweetcorn

Cauliflower  
Carrots

Sweetcorn  
Broccoli


Baked Beans  
Garden Peas

**Dessert**

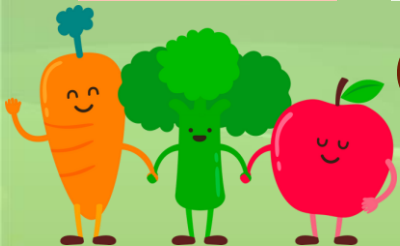
Banana Pancakes 

Mixed Berry Mousse

Fruit Yoghurt

Cheese & Biscuits with Apple Slices 

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  
Only £2.70 for KS2 Pupils

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**

Jacket Potato with  
Cheese, Beans,  
Tuna or Salmon 🐟

Cheese, Ham or  
Tuna Wrap

Cheese & Tomato  
Pasta Pot ♥

Jacket Potato with  
Cheese, Beans, Tuna  
or Salmon 🐟

Cheese, Ham or  
Tuna Wrap

**Vegetables**

Coleslaw  
Broccoli

Sweetcorn  
Garden Peas

Carrots  
Cabbage

Green Beans  
Sweetcorn

Baked Beans  
Garden Peas

**Dessert**

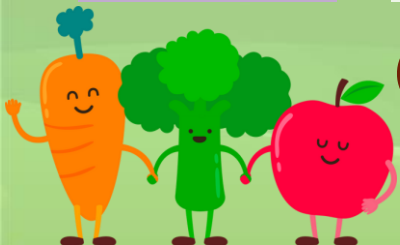
Fruit Yoghurt

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  
Only £2.70 for KS2  
Pupils

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