

Prospect Vale – Spring/Summer Menu

Week One



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION	Wholemeal Cheese & Tomato Pizza with Wholemeal Garlic Bread	Pork Sausage served with Country Diced Potatoes	Chicken Pie & Mashed Potato	Creamy Korma Style Chicken & Lentil Curry with mixed rice	Friday Fish Fingers served with Chips & Tomato Ketchup
VEGETARIAN OPTION	Creamy Vegetable Penne Pasta Carbonara	Veggie Sausage served with Country Diced Potatoes	Vegemince & Vegetable Pie & Mashed Potato	Sweet Potato, Spinach & Chick Pea Korma with Mixed Rice	Cheese Flan served with Chips & Tomato Ketchup
HALAL		Halal Chicken Sausage served with Country Diced Potatoes	Halal Chicken Pie & Mashed Potato	Creamy Korma Style Halal Chicken & Lentil Curry with mixed rice	
JACKETS	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A
VEGETABLES	Mixed Vegetables Sweetcorn	Baked Beans, or Sweetcorn	Carrots Seasonal Greens	Green Beans Sweetcorn	Baked Beans, or Peas
DESSERT	Marble Sponge & Custard	Chocolate Shortbread Biscuits & Fruit Slices	Iced Banana Traybake	Oat & Raisin Cookie & Fresh Watermelon Slice	Chocolate Ice Cream

Available Daily: Pick & Mix Selection, Salad, 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.

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Week Two



WEEK TWO	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Macaroni Cheese	Summer Hotdog Baguette served with Baked Wedges	Roast Gammon served with Skin on Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta	Friday Fish Fingers served with Chips & Tomato Ketchup
VEGETARIAN OPTION 1	Vegetable Enchiladas served with Sunny Vegetable Rice	Summer Veggie Sausage Baguette served with Baked Wedges	Roast Quorn served with Skin on Roast Potatoes & Gravy	Veggie Mince Bolognese & Penne Pasta	Cheese & Onion Puff Pastry Roll served with Chips & Tomato Ketchup
HALAL		Halal Chicken Hotdog Baguette served with Baked Wedges	Roast Chicken served with Skin on Roast Potatoes & Gravy	Halal Beef Bolognese & Penne Pasta	
JACKET	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A
VEGETABLES	Sweetcorn Peas	Green Beans Carrots	Cauliflower Seasonal Greens	Mixed Vegetables Sweetcorn	Baked Beans, or Peas
DESSERT	Ginger & Mandarin Traybake	Strawberry Jelly	Freshly Baked Chocolate Cookie	Flapjack Finger with a fresh slice of Watermelon	Homemade Shortbread Biscuit

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Portion(s) of fruit or veg



Source of wholegrain



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Week Three



WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION 1	Wholemeal Cheese & Tomato Pizza served with Wholemeal Garlic Bread	Pork Sausage Roll served with Homemade Skin on Baked Wedges	Gently Spiced Moroccan Chicken Tagine served with Mixed Rice	Korean Style Sticky BBQ Chicken & Vegetables served with Noodles	Friday Fish Fingers served with Chips & Tomato Ketchup
VEGETARIAN OPTION 1	Mildly Spiced Vegetable Chilli & Rice	Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Wedges	Gently Spiced Moroccan Chickpea Tagine served with Mixed Rice	Korean Style BBQ Quorn, Vegetables & Noodles	
HALAL		Homemade Red Tractor Halal Chicken Sausage Roll served with Homemade Skin on Baked Wedges	Gently Spiced Moroccan Halal Chicken Tagine served with Mixed Rice	Korean Style Sticky BBQ Halal Chicken & Vegetables served with Noodles	Homemade Cheese & Tomato Pizza Whirl & Chips
JACKET	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A	Jacket Potato with Tuna Mayo, Salmon Mayo, Beans or Cheese	N/A
VEGETABLES	Sweetcorn Cauliflower	Mixed Vegetables Peas	Seasonal Greens Carrots	Green Beans Cauliflower	Baked Beans, or Peas
DESSERT	Chocolate Ice Cream	Tutti Frutti Jelly & Mandarins	Freshly Baked Vanilla Cookie	Zesty Lemon & Blueberry Yoghurt Cake	Homemade Flapjack

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

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



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