



Spring Summer Menu - Week One

Rawmarsh Ashwood Primary

11th Sept, 2nd Oct

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN	Cheese & Tomato Pizza, Herby Diced Potatoes	Italian Chicken & Mixed Rice	Traditional Toad in the Hole & Mashed Potatoes	Spaghetti served with Beef Bolognaise	Fish Fingers, Chips	
VEGETARIAN	Jacket Wedges with Baked Beans or Cheese	Beany Tomato Ragu & Fluffy Cous Cous	Quorn Roast Vegetable Sausage, Mashed Potatoes & Gravy	Vegetable Sausage Pasta Bake	Cheesy Pasta	
VEGETABLES	Carrot & Cucumber Mixed Vegetables	Garden Peas Carrots	Cauliflower Seasonal Greens	Green Beans Sweetcorn	Baked Beans Peas	
SANDWICHES, JACKETS,	Freshly Made Sandwich with Cheddar, Tuna 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	Vanilla Blondie	Strawberry Muffin	

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt









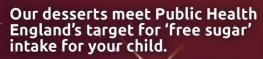


















Spring Summer Menu – Week Two

Rawmarsh Ashwood Primary

18th Sept, 9th Oct

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

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt



















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 Menu - We

Rawmarsh Ashwood Primary

4th Sept, 25th Sept, 16th Qct





WEEK THREE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN	Cheese & Tomato Pizza & Herby Diced Potatoes	Pork Hot Dog & Baked Potato Wedges	Savoury Mince in Yorkshire Pudding & Mashed Potatoes	BBQ Chicken, Vegetable Burrito & Mixed Rice	Fish Fingers, Chips	
VEGETARIAN	Jacket Wedges with Baked Beans or Cheese	Veggie Mince Pasta Bake	Vegetable Sausage, Mashed Potatoes & Gravy	Cheese & Onion Quiche & Diced Potatoes	Macaroni Cheese	
VEGETABLES	Mixed Vegetables Salad	Peas, Sweetcorn	Spring Greens Cauliflower	Green Beans Carrots	Baked Beans Garden Peas	
SANDWICHES, JACKETS,	Freshly Made Sandwich with Cheddar, Tuna 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: Salad, Fresh Bread, Fresh Fruit & Yoghurt



















