










Spring Summer Menu – Week One

Rawmarsh Ashwood Primary

11th Sept, 2nd Oct



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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 Bolognese	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

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.



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

Portion(s) of fruit or veg		Source of wholegrain		Contains plant-based proteins		50% fruit		Oily fish	
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Our desserts meet Public Health England's target for 'free sugar' intake for your child.

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Spring Summer Menu – Week Three

Rawmarsh Ashwood Primary

4th Sept, 25th Sept, 16th Oct



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

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.

