

Spring / Summer Menu Athelstan Primary



WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13th Apr, 4th May, 25th May, 15th Jun, 6th Jul, 7th Sept, 28th Sept, 19th Oct 2026	Main Meal Option	Sausage in a Roll with Tomato Pasta Salad	Mild Beef & Bean Chilli & Yellow Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	Fish Fingers & Chips
	Vegetarian Meal Option	Pasta Spirals in Tomato Sauce, Topped with Cheese & a Slice of Garlic Bread	Macaroni Cheese with Vegetables or Salad	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Pitta Bread Filled with Plant-based Meatballs in an Arrabbiata Sauce with Vegetable Sticks ^{VG}	Cheese & Onion Bake with Chips
	Halal Option	Halal Chicken Sausage in a Roll with Tomato Pasta Salad	Mild Halal Lamb & Bean Chilli & Yellow Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Pasta Salad	
	Vegetables	Coleslaw & Garden Peas	Vegetable Sticks or Sweetcorn	Seasonal Greens & Carrots	Broccoli, Carrots & Cauliflower or Mixed Salad	Garden Peas, Baked Beans
	Sandwiches	Cheese	Tuna	Cheese	Tuna	Cheese
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo, Cheese or Salmon Mayo
	Dessert	Chocolate Fudge Cake	Apple & Cinnamon Rolls	Strawberry Jelly ^{VG}	Fruit Slices & Vanilla Cookie ^{VG}	Vanilla or Chocolate Ice Cream
WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30th Mar, 20th Apr, 11th May, 1st Jun, 22nd Jun, 13th Jul, 14th Sept, 5th Oct, 26th Oct 2026	Main Meal Option	Sausage & Mash with Gravy	Beef Lasagne with Garlic Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Margherita Pizza with Tomato Pasta	Battered Pollock & Chips
	Vegetarian Meal Option	Veggie Sausage & Mash with Gravy ^{VG}	Boston BBQ Beans with Yellow Rice	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Cheese Wrap with Vegetable Sticks & Pasta Salad	Cheese Quiche & Chips
	Halal Option	Halal Chicken Sausage & Mash with Gravy	Halal Lamb Lasagne with Garlic Bread	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Margherita Pizza with Tomato Pasta	
	Vegetables	Broccoli, Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Garden Peas & Sliced Carrots	Garden Peas & Baked Beans
	Sandwiches	Cheese	Tuna	Cheese	Tuna	Cheese
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese
	Dessert	Banana Bread Cookie	Raspberry Jelly & Fruit Slices ^{VG}	Blueberry Cake & Custard	Fruit Slices & Flapjack ^{VG}	Chocolate Mousse
WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6th Apr, 27th Apr, 18th May, 8th Jun, 29th Jun, 20th Jul, 31st Aug, 21st Sept, 12th Oct 2026	Main Meal Option	Burger with Potato Wedges	Sweet & Sour Chicken with Yellow Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	Fish Fingers & Chips
	Vegetarian Meal Option	Macaroni Cheese with Vegetables or Salad	Pasta Twists in a Tomato & Basil Sauce	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Pasta and Cauliflower Cheese Bake	Vegetable Fingers & Chips ^{VG}
	Halal Option	Halal Lamb Burger with Potato Wedges	Halal Sweet & Sour Chicken served with Yellow Rice	Halal Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	
	Vegetables	Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens, Carrots & Salad	Broccoli, Sweetcorn & Coleslaw	Garden Peas & Baked Beans
	Sandwiches	Cheese	Tuna	Cheese	Tuna	Cheese
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Cheesy Beans, Tuna Mayo or Cheese
	Dessert	Chocolate Cookie ^{VG}	Pineapple Upside Down Cake & Custard	Orange Jelly ^{VG}	Chocolate & Apple Cake	Cherry Iced Sponge Cake

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	Vegan	VG
----------------------------	----------------------	-------------------------------	-----------	-----------	-------	----

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.