

EXAMPLE MENU

EAST SUSSEX PRIMARY SPRING/SUMMER 2022 MENU

WEEK 1 W/C 18/04 09/05 06/06 27/06 18/07 12/09 03/10

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|---|----------------------------------|---|--|----------------------------------|
| HOT MAIN DISH D1 | Veggie Burrito Soft wrap filled with lightly spiced veggies/Rice | Chicken Pie with Mashed Potato | Roast Turkey with Roast Potatoes & Gravy | Cottage Pie | Golden Fish Fingers & Chips |
| ALTERNATIVE DISH D2 | Cheese & Tomato topped pizza slice served with potato wedges | Macaroni Cheese | Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy | Butternut Squash and Tomato Bake with Rice | Quorn Nuggets & Chips |
| VEGETABLES | Green Beans & Sweetcorn | Carrots & Peas | Carrots & Cabbage | Broccoli & Sweetcorn | Baked Beans & Peas |
| OR | | | | | |
| JACKET POTATO | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo |
| DESSERTS | Raspberry Ripple Ice Cream | Brownie | Shortbread Biscuit with Fruit Slices | Lemon Drizzle Cake | Orange, Sultana & Carrot Slice |

WEEK 2 W/C 25/04 16/05 13/06 04/07 29/08 19/09 10/10

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|----------------------------------|--|---|----------------------------------|----------------------------------|
| HOT MAIN DISH D1 | Mild Bean Chilli with Rice | Pork Sausages and Mashed Potato with Gravy | Roast Chicken with Roast Potatoes & Gravy | Beef Bolognese | Battered Fish and Chips |
| ALTERNATIVE DISH D2 | Vegetable Supreme Pizza | Veggie Lasagne served with a Garlic & Herb bread wedge | Creamy Vegetable Pie Roast Potatoes & Gravy | Mild Chickpea and Potato Curry | Tomato Veggie Burger with Chips |
| VEGETABLES | Carrots & Peas | Sweetcorn & Cabbage | Cabbage & Carrots | Green Beans & Sweetcorn | Baked Beans & Peas |
| OR | | | | | |
| JACKET POTATO | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo |
| DESSERTS | Flapjack with Fruit Slice | Peach Shortbread Pudding | Raspberry Ripple Ice Cream | Carrot cake with citrus frosting | Chocolate Shortbread |

WEEK 3 W/C 02/05 23/05 20/06 11/07 05/09 26/09 17/10

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|----------------------------------|----------------------------------|--|----------------------------------|------------------------------------|
| HOT MAIN DISH D1 | Veggie Pasta Bolognese | Sweet and Sour Chicken with Rice | Roast Gammon with Roast Potatoes & Gravy | Beef Burrito | Golden Fish Fingers & Chips |
| ALTERNATIVE DISH D2 | Cheese and Tomato Pizza | Macaroni Cheese | Butternut Squash & Potato Pastry Slice with Roast Potatoes & Gravy | Quorn Hot Dog with Potato Wedges | Quorn Dippers and Chips |
| VEGETABLES | Peas & Carrots | Sweetcorn & Broccoli | Carrots & Cabbage | Green Beans & Sweetcorn | Baked Beans Peas |
| OR | | | | | |
| JACKET POTATO | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo | Cheese/ Baked Beans or Tuna Mayo |
| DESSERTS | Oatie Biscuit with Fruit Slices | Berry Flapjack with Fruit Slices | Vanilla Ice Cream | Chocolate Sponge Cake | Strawberry Jelly with Fruit Slices |