


















## Spring/Summer Menu Week 1

13<sup>th</sup> Apr, 4<sup>th</sup> May, 25<sup>th</sup> May, 15<sup>th</sup> Jun, 6<sup>th</sup> Jul, 7<sup>th</sup> Sept, 28<sup>th</sup> Sept, 19<sup>th</sup> Oct 2026

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Chilli & Sunny Rice 	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Vegetarian Meal Option</b>	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Italian Quorn Meatballs served with Pasta <sup>VG</sup> 	Quorn Sausage with Gravy, Stuffing & Roast Potatoes 	Vegetable Chilli & Sunny Vegetable Rice <sup>VG</sup> 	Vegetable Fingers & Chips with Ketchup <sup>VG</sup>
<b>Vegetables</b>	Baked Beans & Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Cheese	Ham	Hot Roast Baguette	Tuna Mayo	Fish Finger Wrap
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo, Cheese, Beans or Salmon Mayo 
<b>Dessert</b>	Vanilla Shortbread <sup>VG</sup> & Chocolate Sauce	Flapjack with Apple Slices 	Strawberry Jelly <sup>VG</sup>	Oaty Cookie 	Vanilla 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 	Vegan VG
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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.

# Mundella Primary School – Chickpea Avoidance Menu

**E A T S M A R T**

## Spring/Summer Menu Week 2

30<sup>th</sup> Mar, 20<sup>th</sup> Apr, 11<sup>th</sup> May, 1<sup>st</sup> Jun, 22<sup>nd</sup> Jun, 13<sup>th</sup> Jul, 14<sup>th</sup> Sept, 5<sup>th</sup> Oct, 26<sup>th</sup> Oct 2026

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Wholemeal Margherita Pizza & Sunny Rice 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Pork Sausage & Mash with Gravy	MSC Battered Pollock & Chips
<b>Vegetarian Meal Option</b>	Macaroni Cheese	Plant-based Pasta Bolognese & Garlic Bread 	Stuffed Yorkshire Pudding with Roasted Winter Vegetable Casserole & Roast Potatoes <sup>VG</sup> 	Veggie Sausage & Mash with Gravy <sup>VG</sup> 	Cheese Flan & Chips
<b>Vegetables</b>	Broccoli, Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Cheese	Ham	Hot Roast Baguette	Tuna Mayo	Fish Finger Wrap
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 
<b>Dessert</b>	Flapjack & Fruit Slices <sup>VG</sup> 	Chocolate Fudge Cake	Pinwheel	Apple Crumble <sup>VG</sup> & Custard 	Chocolate Shortbread




















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
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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 3

6<sup>th</sup> Apr, 27<sup>th</sup> Apr, 18<sup>th</sup> May, 8<sup>th</sup> Jun, 29<sup>th</sup> Jun, 20<sup>th</sup> Jul, 31<sup>st</sup> Aug, 21<sup>st</sup> Sept, 12<sup>th</sup> Oct 2026

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Sunny Rice 	MSC Fish Fingers & Chips
<b>Vegetarian Meal Option</b>	Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup> 	Vegetable Sausage Hotdog served with Home-baked Wedges 	Vegetable Lasagne & Garlic Bread 	Vegetable Chilli with Sunny Vegetable Rice 	Cheese Flan with Chips & Ketchup 
<b>Vegetables</b>	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Cheese	Ham	Hot Roast Baguette	Tuna Mayo	Fish Finger Wrap
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 
<b>Dessert</b>	Flapjack	Syrup Sponge Pudding & Custard	Chocolate Shortbread with Fruit Slices 	Vanilla Cookie & Fruit Slices <sup>VG</sup> 	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
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