

Foulsham Primary



Spring Summer 24 – Week One

15 Apr, 6 May, 27 May, 17 June, 8 July, 29 July, 19 August, 9 Sept, 30 Sept, 21 Oct





WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Choice 1	Wholemeal Cheese & Tomato Pizza	Pork Sausage with Baked Wedges	Chicken Pie & Mashed Potatoes	Creamy Korma Style Chicken Curry & Rice 	Fish Fingers & Chips
Meal Choice 2 Vegetarian	Creamy Vegetable Penne Pasta Carbonara 	Veggie Sausage with Potato Wedges	Roasted Vegetable & Lentil Loaf with Sticky Ketchup Glaze (Ve) 	Cauliflower Cheese & Pasta Bake 	Cheese Flan & Chips
Jacket Potato	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna
Vegetables	Mixed Salad Sweetcorn	Baked Beans Peas	Carrots Green Beans	Mixed Vegetables	Baked Beans Peas
Dessert of the Day or Fresh Fruit	Marble Sponge & Custard	Chocolate Shortbread Biscuit	Iced Banana Traybake	Oat & Raisin Finger	Vanilla Ice Cream

Available Daily: Packed Lunch, Mixed Salad

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.
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Spring Summer 24 – Week Two
 22 Apr, 13 May, 3 June, 24 June, 15 July, 5 Aug, 26 Aug, 16 Sept, 7 Oct





WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Choice 1	Macaroni Cheese	Hot Dog served with Jacket Wedges	Roast Gammon served with Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta 	Fish Fingers & Chips
Meal Choice 2 Vegetarian	Vegetable Enchiladas Ve Served with Vegetable Rice 	Veggie Sausage Hot Dog Baguette (Ve) Served with Jacket Wedges	Home Baked Vegetarian Lasagne 	Wholemeal Cheese & Tomato Pizza 	Cheese & Onion Puff Pastry Roll & Chips
Jacket Potato	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna
Vegetables	Peas Sweetcorn	Mixed Veg Baked Beans	Carrots Cauliflower	Mixed Salad Mixed Vegetables	Baked Beans Peas
Dessert of the Day or Fresh Fruit	Fruit Jelly (Ve)	Chocolate Shortbread Biscuit	Flapjack Finger	Oat & Raisin Traybake	Chocolate Ice Cream

Available Daily: Packed Lunch, Mixed Salad

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.
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Spring Summer 24 – Week Three
 29 Apr, 20 May, 10 June, 1 July, 22 July, 12 Aug, 2 Sept, 23 Sept, 14 Oct

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Choice 1	Wholemeal Cheese & Tomato Pizza	Pork Sausage Roll with Homemade Skin on Baked Potato Wedges	Chicken in Gravy with Roast Potatoes 	Sticky BBQ Chicken & Vegetables served with Noodles 	Fish Fingers & Chips
Meal Choice 2 Vegetarian	Mildly Spiced Vegetable Chilli & Rice (Ve) 	Cheese & Onion Puff Pastry Roll served with Baked Potato Wedges	Savoury Vegetable Mince with Roast Potatoes 	Korean Sticky BBQ Quorn & Vegetables served with Noodles	Cheese Flan & Chips
Jacket Potato	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna	Jacket with Cheese, Beans or Tuna
Vegetables	Mixed Salad Sweetcorn	Peas Baked Beans	Carrots Green Beans	Mixed Vegetables	Baked Beans Peas
Dessert of the Day or Fresh Fruit	Marble Sponge & Custard	Chocolate Shortbread Biscuit	Fruit Jelly (Ve)	Homemade Shortbread Biscuits (Ve)	Vanilla Ice Cream

Available Daily: Packed Lunch, Mixed Salad

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.

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.



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.

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.