



# LYDGATE JUNIOR

## SPRING SUMMER 2023



| WEEK ONE   |                         | GREEN MONDAY                               | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|-------------------------|--|---|---|---|--|
| <b>WEEKS COMMENCING:</b><br>17/04/23 : 08/05/23 : 29/05/23<br>19/06/23 : 10/07/23 : 31/07/23<br>21/08/23 : 11/09/23 : 02/10/23 | Main Course             | Cheese & Tomato Pizza with Diced Potatoes  | Italian Chicken with Mixed Rice                     | Roast Chicken with Roast Potatoes & Gravy           | Sausage Pasta Bake                                  | Fish Fingers with Chips & Tomato Sauce                           |
|  | Vegetarian Main Course  | Loaded Jacket Wedges with Cheese or Beans  | Beany Tomato Ragu with Cous Cous                    | Vegetable Sausage with Roast Potatoes & Gravy       | Vegetable Sausage Pasta Bake                        | Cauliflower, Potato & Chickpea Curry with Chips                  |
|  | Street Food             |  |   | Cheese & Ham panini                                 |   |  |
|  | Jacket Potato & Filling | Jacket Potato with Cheese or Baked Beans   | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans, Salmon Mayo or Tuna Mayo |
|  | Vegetables              | Mixed Vegetables<br>Mixed Salad            | Garden Peas<br>Carrots                              | Cauliflower<br>Cabbage                              | Green Beans<br>Sweetcorn                            | Baked Beans<br>Garden Peas                                       |
|  | Dessert                 | Oat & Raisin Cookie                        | Chocolate Sponge with Chocolate Sauce               | Ice Cream & Banana                                  | Vanilla Blondie & Apple Wedges                      | Strawberry Cake  |
| WEEK TWO   |                         | GREEN MONDAY                               | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
| <b>WEEKS COMMENCING:</b><br>24/04/23 : 15/05/23 : 05/06/23<br>26/06/23 : 17/07/23 : 07/08/23<br>28/08/23 : 18/09/23 : 09/10/23 | Main Course             | Rainbow Pizza with Diced Potatoes          | Beef Burger in a Bun with Potato Wedges             | Roast Chicken with Roast Potatoes & Gravy           | Chicken Tikka Curry with Mixed Rice                 | Fish Fingers & Chips with Tomato Sauce                           |
|  | Vegetarian Main Course  | Veggie Meatballs with Tomato Sauce & Pasta | Veggie Burger in a Bun with Potato Wedges           | Quorn Roast with Roast Potatoes & Gravy             | Margherita Macaroni                                 | Cheese & Onion Pastry Roll with Chips and Tomato Sauce           |
|  | Street Food             |  |   | Loaded Pizza Muffins                                |   |  |
|  | Jacket Potato & Filling | Jacket Potato with Cheese or Baked Beans   | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo              |
|  | Vegetables              | Sweetcorn<br>Garden Peas                   | Green Beans<br>Cauliflower                          | Carrots<br>Savoy Cabbage                            | Mixed Vegetables<br>Sweetcorn                       | Baked Beans<br>Garden Peas                                       |
|  | Dessert                 | Flapjack Finger                            | Chocolate & Banana Muffin with Apple Wedges         | Jelly & Mandarins                                   | Fruity Jam Buns & Custard                           | Chocolate Ice Cream  |
| WEEK THREE   |                         | GREEN MONDAY                               | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
| <b>WEEKS COMMENCING:</b><br>01/05/23 : 22/05/23 : 12/06/23<br>03/07/23 : 24/07/23 : 14/08/23<br>04/09/23 : 25/09/23 : 16/10/23 | Main Course             | Cheese & Tomato Pizza with Diced Potatoes  | Pork Hot Dog with Baked Potato Wedges               | Roast Chicken with Roast Potatoes & Gravy           | BBQ Chicken & Vegetable Burritos with Mixed Rice    | Fish Fingers & Chips with Tomato Sauce                           |
|  | Vegetarian Main Course  | Loaded Jacket Wedges with Cheese or Beans  | Veggie Mince Pasta Bake                             | Vegetable Sausage with Roast Potatoes & Gravy       | Macaroni Cheese                                     | Cheese Flan & Chips with Tomato Sauce                            |
|  | Street Food             |  |   | Veggie Sausage 'Sub'                                |   |  |
|  | Jacket Potato & Filling | Jacket Potato with Cheese or Baked Beans   | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo | Jacket Potato with Cheese, Baked Beans or Tuna Mayo              |
|  | Vegetables              | Mixed Vegetables<br>Garden Salad           | Garden Peas<br>Sweetcorn                            | Cabbage<br>Cauliflower                              | Green Beans<br>Carrots                              | Baked Beans<br>Garden Peas                                       |
|  | Dessert                 | Chocolate Shortbread Biscuit               | Fruity Flapjack with Banana                         | Oaty Crunchy Biscuit                                | Apple Sponge & Custard                              | Chocolate Crispy Crunch  |

**Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.**

Colours in the left column represent the band colour your child should choose for the meal that day