

Spring / Summer Menu St Wilfrid's Catholic 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	Ham & Pineapple Pizza with Pasta Salad	Mild Beef & Bean Chilli & Yellow Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Sausage in a Roll with Potato Wedges	Fish Fingers & Chips
	Vegetarian Meal Option	Margherita Pizza Slice with Pasta Salad	Mild Vegetable Mince & Bean Chilli & Yellow Rice ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Roll with Potato Wedges ^{VG}	Cheese & Onion Bake & Chips
	Vegetables	Coleslaw & Garden Peas	Vegetable Sticks or Sweetcorn	Seasonal Greens & Carrots	Broccoli, Carrots & Cauliflower or Mixed Salad	Garden Peas, Baked Beans
	Sandwiches	Cheese	Cheese	Cheese	Cheese	Cheese
	Sandwiches		Ham	Tuna Mayo	Ham	Tuna Mayo
	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 Sponge with Chocolate Sauce	Apple & Cinnamon Rolls	Chocolate Mousse	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	Rainbow Vegetable Pizza with Tomato Pasta	Beef Lasagne with Garlic Bread	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Sausage & Mash with Gravy	Battered Pollock & Chips
	Vegetarian Meal Option	Cheese Wrap with Vegetable Sticks & Sunny Rice	Plant-based Lasagne with Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Veggie Sausage & Mash with Gravy ^{VG}	Vegetable Fingers & Chips
	Vegetables	Broccoli, Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Garden Peas & Sliced Carrots	Garden Peas & Baked Beans
	Sandwiches	Cheese	Cheese	Cheese	Cheese	Cheese
	Sandwiches		Ham	Tuna Mayo	Ham	Tuna Mayo
	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	Vanilla Blondie Cookie	Carrot Cake with Fruit Slices	Blueberry Muffin	Fruit Slices & Flapjack ^{VG}	Chocolate Brownie
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	Margherita Pizza with Pasta Salad	Sweet & Sour Chicken with Yellow Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Burger with Potato Wedges	Fish Fingers & Chips
	Vegetarian Meal Option	Macaroni Cheese	Sweet & Sour Vegetables with Yellow Rice ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Burger with Potato Wedges	Vegetable Fingers & Chips ^{VG}
	Vegetables	Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens, Carrots & Salad	Broccoli, Sweetcorn & Coleslaw	Garden Peas & Baked Beans
	Sandwiches	Cheese	Cheese	Cheese	Cheese	Cheese
	Sandwiches		Ham	Tuna Mayo	Ham	Tuna Mayo
	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	Lemon Drizzle

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.