

Reepham 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: 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.



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: 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.



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: 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.