









# Magdalen Gates Primary School

## 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



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WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option</b>	Wholemeal Cheese & Tomato Pizza served with Wholemeal Homemade Jacket Wedges 	All Day Pork Sausage Breakfast served with Baked Omelette, Country Diced Potatoes & Baked Beans	Roast Chicken served with Skin on Roast Potatoes & Gravy	Creamy Korma Style Chicken Curry served with Mixed Rice 	Friday Fish Fingers served with Chips & Tomato Ketchup
<b>Vegetarian Main Meal</b>	Creamy Vegetable Penne Pasta Carbonara 	All Day Veggie Sausage Breakfast Served with Country Diced Potatoes & Baked Beans	Vegemince & Vegetable Pie (Ve) served with Mashed Potato 	Sweet Potato, Spinach & Chick Pea Korma (Ve) Served with Mixed Rice 	Cheese Flan Served with Chips & Tomato Ketchup
<b>Halal Option</b>		Halal Chicken Sausage Breakfast served with Baked Omelette, Country Diced Potatoes & Baked Beans	Halal Roast Chicken served with Skin on Roast Potatoes & Gravy	Creamy Korma Style Halal Chicken Curry served with Mixed Rice 	
<b>Jacket Potato</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Vegetable Selection</b>	Selection of Daily Vegetables Or Mixed Fresh Salad	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables
<b>Dessert</b>	Marble Sponge & Custard	Chocolate Shortbread Biscuits (Ve) & Fruit Slices 	Iced Banana Traybake	Oat & Raisin Cookie (Ve) & Fresh Fruit Slice 	Chocolate Ice Cream

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit

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.












# Magdalen Gates Primary School

## 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
<b>Main Meal Option</b>	Wholemeal Cheese & Tomato Pizza served with Homemade Jacket Wedges 	Summer Hot Dog Baguette served with Freshly Made Coleslaw Salad 	Roast Chicken served with Skin on Roast Potatoes & Gravy	Beef Bolognese & Penne Pasta 	Friday Fish Fingers served with Chips & Tomato Ketchup
<b>Vegetarian Main Meal Option</b>	Macaroni Cheese	Summer Veggie Sausage Hot Dog Baguette (Ve) Served with Freshly Made Coleslaw Salad 	Home Baked Vegetarian Lasagne 	Veggie Mince Bolognese & Penne Pasta (Ve) 	Cheese & Onion Puff Pastry Roll Served with Chips & Tomato Ketchup
<b>Halal Option</b>		Summer Halal Hot Dog Baguette served with Freshly Made Coleslaw Salad	Halal Roast Chicken served with Skin on Roast Potatoes & Gravy	Halal Beef Bolognese & Penne Pasta 	
<b>Jacket Potato Option</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Vegetable Selection</b>	Selection of Daily Vegetables Or Mixed Fresh Salad	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables
<b>Dessert</b>	Ginger & Mandarin Traybake 	Strawberry Jelly (Ve)	Freshly Baked Chocolate Cookie (Ve)	Flapjack Finger With a fresh Fruit Wedge (Ve) 	Homemade Shortbread Biscuits (Ve)

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit

## Northgate Primary School

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.











# Magdalen Gates Primary School

## 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
<b>Main Meal Option 1</b>	Wholemeal Cheese & Tomato Pizza served with Country Diced Potatoes 	Farm Assured Pork Sausage Roll with Homemade Skin on Baked Potato Wedges	Roast Chicken served with Skin on Roast Potatoes & Gravy	Sticky BBQ Chicken served with Noodles 	Friday Fish Fingers served with Chips & Tomato Ketchup
<b>Vegetarian Main Meal</b>	Mildly Spiced Vegetable Chilli & Rice (Ve) 	Cheese & Onion Puff Pastry Roll served with Homemade Skin on Baked Potato Wedges	Savoury Vegetable Mince & Gravy served with a Yorkshire Pudding & Skin on Roast Potatoes 	Sticky BBQ Quorn, Vegetables & Noodles 	Homemade Cheese & Tomato Pizza Whirl & Chips
<b>Halal Option</b>		Homemade Red Tractor Halal Chicken Sausage Roll with Homemade Skin on Baked Potato Wedges	Halal Roast Chicken served with Skin on Roast Potatoes & Gravy	Halal Chicken & Vegetables served with Noodles 	
<b>Jacket Potato Option</b>	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
<b>Vegetable Selection</b>	Selection of Daily Vegetables Or Mixed Fresh Salad	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables	Selection of Daily Vegetables
<b>Dessert</b>	Baked Apple Sponge served with Custard 	Tutti Frutti Jelly and Mandarins (Ve) 	Freshly Baked Vanilla Cookie (Ve)	Zesty Lemon Cake	Homemade Flapjack (Ve)

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit

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.

