

Spring / Summer Menu

Angram Bank 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	Sausage in a Roll with Tomato Pasta Salad	Mild Beef & Bean Chilli & Yellow Rice	Roast Gammon with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	Fish Fingers & Chips
	Vegetarian Meal Option	Vegetable Sausage in a Roll with Tomato Pasta Salad ^{VG}	Macaroni Cheese with Vegetables or Salad	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Pitta Bread Filled with Plant-based Meatballs in an Arrabbiata Sauce with Vegetable Sticks ^{VG}	Cheese & Onion Bake with Chips
	Vegetables	Coleslaw & Garden Peas	Vegetable Sticks or Sweetcorn	Seasonal Greens & Carrots	Broccoli, Carrots & Cauliflower or Mixed Salad	Garden Peas, Baked Beans
	Sandwich	Ham	Ham	Hot Roast Baguette	Ham	Ham
	Sandwich	Cheese	Cheese		Cheese	Cheese
	Sandwich	Tuna Mayo	Tuna Mayo		Tuna Mayo	Tuna Mayo
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo, Cheese or Salmon Mayo
	Dessert	Chocolate Fudge Cake	Apple Sponge	Strawberry Jelly ^{VG}	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	Sausage & Mash with Gravy	Beef Lasagne with Garlic Bread	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Margherita Pizza with Tomato Pasta	Battered Pollock & Chips
	Vegetarian Meal Option	Veggie Sausage & Mash with Gravy ^{VG}	Plant-based Lasagne with Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Plant-based Meatballs in an Arrabbiata Sauce ^{VG} with Rice & Garlic Bread	Cheese Quiche & Chips
	Vegetables	Broccoli, Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Garden Peas & Sliced Carrots	Garden Peas & Baked Beans
	Sandwich	Ham	Ham	Hot Roast Baguette	Ham	Ham
	Sandwich	Cheese	Cheese		Cheese	Cheese
	Sandwich	Tuna Mayo	Tuna Mayo		Tuna Mayo	Tuna Mayo
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese
	Dessert	Banana Bread Cookie	Raspberry Jelly & Fruit Slices ^{VG}	Blueberry Cake & Custard	Fruit Slices & Flapjack ^{VG}	Chocolate Mousse
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	Burger with Potato Wedges	Chicken with Pasta Twists in a Tomato & Basil Sauce	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad	Fish Fingers & Chips
	Vegetarian Meal Option	Macaroni Cheese with Vegetables or Salad	Pasta Twists in a Tomato & Basil Sauce	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cauliflower, Sweet Potato & Lentil Curry with Rice ^{VG}	Cheese & Onion Roll with Chips
	Vegetables	Sweetcorn & Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens, Carrots & Salad	Broccoli, Sweetcorn & Coleslaw	Garden Peas & Baked Beans
	Sandwich	Ham	Ham	Hot Roast Baguette	Ham	Ham
	Sandwich	Cheese	Cheese		Cheese	Cheese
	Sandwich	Tuna Mayo	Tuna Mayo		Tuna Mayo	Tuna Mayo
	Baked Jacket Potatoes	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese	Jacket Potato with Beans ^{VG} Tuna Mayo or Cheese
	Dessert	Chocolate Cookie ^{VG}	Pineapple Upside Down Cake & Custard	Orange Jelly ^{VG}	Chocolate & Apple Cake	Iced Sponge Cake

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.