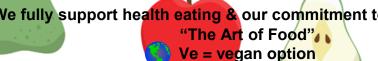
WEEK 1 FOOD SMART Welbourne Week Commencing: 16th April, 7th May, 3rd June, 24th June 15th July Primary Academy Monday **Tuesday** Wednesday **Thursday Friday** "The Art of **Planet Day** Plane Day Planet Day RoastThursday Food" Cheese, Tomato Layered Vegetable Quorn Meatloaf with Mediterranean Spinach & Lentil The Main & Sweet Potato & Pepper Basil a Fresh Tomato & Vegetable Pasta Lasagne Bake **Turnovers Basil Sauce** Bake (v) **Plate** (ve) (v) (ve) (v) Stir Fry Chicken Roast Pork with Oven Baked Fillet Vegetable Fajita Oven Baked Fish The Second with Summer Yorkshire Pudding Wrap of Fingers Vegetables with & Gravy Fish (ve) **Plate** White & Brown Rice Mix Jacket Potato served Jacket Potato Jacket Potato served Jacket Potato served Jacket Potato served **Jacket Potato** with Choice of Filling served with Choice with Choice of Filling with Choice of Filling with Choice of Filling & Salad & Salad & salad of Filling & Salad & Salad Homemade Cheese **New Potatoes Roast Potatoes** Half Jacket Potato **Daily Veg** Chips & Herb Bread. Fresh Carrots Peas Summer Vegetable **Baked Beans** Fresh Mixed Salad Selection **Spring Greens** (ve) (ve) (ve) (ve) (ve) Homemade Apple Banana Flapjack Lemon Drizzle Vanilla Yogurt Chocolate Trifle The Sweet Crumble with Custard (ve) Cake (v) or (v) (v) Fresh Fruit or or **Plate** or or Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit FOOD HYGIENE RATING We fully support health eating & our commitment to meat free day's





Welbourne
Primary Academy

"The Art of
Food"

WEEK 2
Week Commencing: 22^{hd} April, 13th May, 10th June, 1st July,



Monday Tuesday Wednesday Thursday Friday

Rocathursday

Planet Day

The	Main
P	ate

Lentil & Vegetable Curry with Turmeric Rice (ve)

One Pot Lemon Broccoli Pasta Bake (v) Roast Tomato Basil Quiche (v)

Potato & Spinach Korma with Rainbow Rice (v)

Cheese & Vegetable Cakes (v)

The Second Plate

Hot Chicken Meatball Sub Roll Lightly Spiced Beef Wrap with Slaw Beef Burger in a Bun with Tomato Sauce Roast Chicken with Yorkshire Pudding & Gravy Oven Baked Fish Cakes

Jacket potato

Jacket Potato served with Choice of Filling & Salad

Jacket Potato served with Choice of Filling & Salad Jacket Potato served with Choice of Filling & Salad Jacket Potato served with Choice of Filling & Salad

Jacket Potato served with Choice of Filling with Salad

Daily Veg Selection

Oven Baked Diced Potato Seasonal Mixed Vegetables (ve)

Homemade Tomato Bread Red Cabbage Slaw (ve) Homemade Wedges Corn on the Cob Summer Green Salad (ve)

Roast Potatoes Cabbage Fresh Carrots (ve)

Chips Peas Baked Beans (ve)

The Sweet Plate

Empire Biscuit (v) or Fresh Fruit

Fruit Jellies (ve)

Fresh Fruit

Lemon Curd Sponge with Custard or Fresh Fruit Bakewell Style Jam Slice or Fresh Fruit

Chocolate Traybake or Fresh Fruit



We fully support health eating & our commitment to meat free day's "The Art of Food"

Ve = vegan option

Welbourne

WEEK 3 Week Commencing: 29th April, 20th May, 17th June, 8th July,



Primary Academy						
The Art of	Monday	Tuesday	Wednesday	Thursday	Friday	
Food"	Planet-Day	Pizza Frenzy	Planet Day	Roas Thursday	Plane Day	
The Main Plate	Crispy Topped Mac 'n' Cheese (v)	Homemade 3 Cheese Pizza (v)	Vegan Sausage Puff (ve)	Hot Cheesy Tuna Melt Sub Roll (v)	Mixed Bean & Vegetable Hot Wrap (ve)	
The Second Plate	Vegetable & Lentil Cottage Pie (ve)	Homemade Meat Feast Pizza (v)	Fish Finger Wrap	Roast Gammon & Gravy	Oven Baked Fish Fillet (v)	
Jacket potato	Jacket Potato served with Choice of Filling & Salad	Jacket Potato served with Choice of Filling & Salad	Jacket Potato served with Choice of Filling & Salad	Jacket Potato served with Choice of Filling & Salad	Jacket Potato served with Choice of Filling & Salad	
Daily Veg Selection	Homemade Tomato Bread Sweetcorn & Pepper Mix (ve)	Seasonal Mixed Salad Oven Roasted Herb New Potatoes (ve)	New Potatoes Baked Beans (ve)	Roast Potatoes Green Beans Fresh Carrots (ve)	Chips Peas (ve)	
The Sweet Plate	Mini Waffles with Sauce (v) or Selection of Fresh	Marble Sponge with Custard (v) or Fresh Fruit	Lemon & Orange Shortbread (ve) or Fresh Fruit	Fudge Tart with Chocolate Custard (v) or	Flapjack (ve) or Fresh Fruit	



Fruit





Fresh Fruit