











# epa epworth primary



Week 1	 Save The Planet Day	Tuesday	Wednesday	Thursday	Friday
<b>OPTION 1</b>	Layered Sweet Potato Bake (VE) 	Baked Countryside Cutlets (VE) 	Flaky Cheese and Broccoli Quiche (V)	Roasted Summer Vegetable Tray Bake (VE) 	Golden Sausage Puff (VE) 
<b>OPTION 2</b>	Rainbow Tomato Pasta (VE) 	Ham Pizza	Garlic & Herb Chicken	Soft Tacos with Savory Mince	Fish and Chips
<b>Seasonal Vegetable</b>	Peas and Sweetcorn	Wedges & Beans	Veg Medley with Mash Potato	Garden Peas & New Potatoes	Baked Beans & Chips
<b>Jacket Potatoes</b>	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)
<b>Pick and Mix</b>	Egg Mayo or Cheese Sandwich (V)	Ham Sandwich or Tuna Sandwich	Chicken or Egg Mayo Sandwich (V)	Ham or Cheese sandwich (V)	Tikka mayo or Cheese and Tomato sandwich (V)
<b>Pudding</b>	Angel Delight (V)	Ginger Shortbread with Rhubarb (VE) 	Fruit Yoghurt (V)	Chocolate Crunch (V)	Blueberry Muffin & Milkshake (V)

**KEY**  
 V VEGETARIAN  
 VE VEGAN  
 PLANT BASED AND PLANET FRIENDLY



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Week 2	Save The Planet Day	Tuesday	Wednesday	Thursday	Friday
OPTION 1	Cheddar Cheese & Onion Gratin (V)	Warming Courgette and Lentil Korma With Rice (V)	Shepherdess Pie with Fluffy Carrot and Swede Topping (VE)	Cheese and Tomato Pinwheel (V)	Sausage Sizzle with Chips (VE)
OPTION 2	Roasted Ratatouille Pasta (VE)	Minced Filled Yorkshire Pudding	Chicken and Mushroom Pie	Tuna and Sweetcorn Bites	Fishfingers and Chips
Seasonal Vegetable	Garden Peas & Sweet corn	Sweetcorn & Roast Potato	Veg Medley & Mash Potato	Carrots and New potatoes	Baked Beans & Chips
Jacket Potatoes	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)
Pick and Mix	Egg Mayo or Cheese Sandwich (V)	Ham Sandwich or Tuna Sandwich	Chicken or Egg Mayo Sandwich (V)	Ham or Cheese sandwich (V)	Tikka mayo or Cheese and Tomato sandwich (V)
Pudding	Flapjack and Yoghurt (V)	Black Forest Sponge (V)	Fruit Yoghurt (V)	Summer Fruit Crumble & Custard (V)	Chocolate Muffin with Milkshake (V)

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Week 3		Tuesday	Wednesday	Thursday	Friday
OPTION 1	Italian Style Vegetable Lasagna (V)	Crispy Golden Crumb Burger (VE)	Egg & Cheese Breakfast Muffin (V)	Rainbow Bolognaise with Garlic Bread (VE)	Vegetable and Cheese Crispy Bake (V)
OPTION 2	Sizzling Sausage with Pasta Bows (VE)	Chicken Burger in a soft Floured Bap	Roast Pork with Mash Potatoes and Gravy	Fish Finger in a Tortilla wrap	Popcorn Chicken & Chips
Seasonal Vegetable	Garden Salad/Peas	Sweetcorn & Wedges	Veg Medley & Mash Potato	Carrot/ Peas & New Potato	Baked Beans Chips
Jacket Potatoes	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)	Bean (VE) or Cheese (V)
Pick and Mix	Egg Mayo or Cheese Sandwich (V)	Ham or Tuna Sandwich	Chicken or Egg Mayo Sandwich (V)	Ham or Cheese sandwich (V)	Tikka mayo or Cheese and Tomato sandwich (V)
Pudding	Jelly and Ice cream (V)	Unicorn Cake with Custard (V)	Fruit and Yoghurt (V)	Cheese and Crackers (V)	Strawberry Mousse (V)

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