












Spring / Summer 2023 Menu – Week One

10th April, 1st May, 22nd May, 12th June, 3rd July, 24th July,
14th Aug, 4th Sept, 25th Sept, 16th Oct

Taverham Junior School

Eativerse
A UNIVERSE OF FOOD AND DRINK



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza, Herby Diced Potatoes 	Italian Chicken & Mixed Rice 	Roast Chicken ,Roast Potatoes & Gravy	Sausage Pasta Bake	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN	Cheesy Pea Pasta	Beany Tomato Ragu & Fluffy Cous Cous 	Vegetable Sausage, Roast Potatoes & Gravy	Vegetable Sausage Pasta Bake 	Vegetable Nuggets with Chips & Tomato Ketchup
VEGETABLES	Salad Mixed Vegetables 	Garden Peas Carrots 	Cauliflower Seasonal Greens 	Green Beans Sweetcorn 	Baked Beans Peas 
SANDWICHES, JACKETS	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Oat & Raisin Cookie	Chocolate Sponge with Chocolate Sauce	Ice Cream & Fruit 	Vanilla Blondie & Fruit Wedges 	Strawberry Muffin/ Traybake

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

V1ss23



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 2023 Menu – Week Two

17th April, 8th May, 29th May, 19th June, 10th July, 31st July,
21st Aug, 11th sept, 2nd Oct, 23rd Oct

Taverham Junior School

WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Rainbow Pizza, Herby Diced Potatoes 	Chicken & Sweetcorn Meatballs, Tomato Sauce & Pasta	Roast Gammon, Roast Potatoes & Gravy	Chicken Tikka Curry & Mixed Rice 	Battered Fish Chips & Tomato Ketchup
VEGETARIAN	Margherita Macaroni 	Veggie Burger & Potato Wedges	Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Pastry Roll & Potato Wedges	Vegetable Nuggets with Chips & Tomato Ketchup
VEGETABLES	Sweetcorn Salad 	Green Beans Cauliflower 	Carrots Savoy Cabbage 	Mixed Vegetables Salad 	Baked Beans Peas 
SANDWICHES, JACKETS	<p>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans</p>				
DESSERT	Flapjack Finger	Chocolate & Banana Muffin with Apple Wedge 	Jelly & Mandarins 	Fruity Jam Bun & Custard	Chocolate Ice Cream

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



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 2023 Menu – Week Three

3rd April, 24th April, 15th May, 5th June, 26th June,
17th July, 7th Aug, 28th Aug, 18th Sept, 9th Oct

Taverham Junior School



WEEK ONE	GREEN EARTH MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN	Cheese & Tomato Pizza & Herby Diced Potatoes 	Pork Hot Dog & Baked Potato Wedges	Roast Turkey, Roast Potatoes & Gravy	BBQ Chicken & Vegetable Burrito with Mixed Rice 	Fish Fingers, Chips & Tomato Ketchup
VEGETARIAN	Macaroni Cheese	Veggie Mince Pasta Bake 	Vegetable Sausage, Roast Potatoes & Gravy	Cheese & Onion Quiche & Diced Potatoes	Vegetable Nuggets with Chips & Tomato Ketchup
VEGETABLES	Mixed Vegetables Salad 	Peas, Sweetcorn 	Spring Greens Cauliflower 	Green Beans Carrots 	Baked Beans Garden Peas 
SANDWICHES, JACKETs	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Freshly Baked Jacket Potato with Tuna & Mayonnaise, Grated Cheese or Baked Beans				
DESSERT	Chocolate Shortbread Biscuit	Fruity Flapjack with Fruit Wedge 	Oat Crunch Biscuit	Apple Sponge & Custard 	Chocolate Cornflake Cake

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



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.