













Dukesgate Primary School

Spring Summer Menu 2024 – Week One



V3ss23

Menu Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal (& Halal Equivalent)	Wholemeal Cheese & Tomato Pizza served with Potato Wedges 	Beef Chilli & Mixed Rice/ Halal Beef Chilli & Mixed Rice	Chicken Pie/ Halal Chicken Pie with Mashed Potatoes	Chicken Curry/ Halal Chicken Curry served with Mixed Rice 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal	Macaroni Cheese	Vegetarian Chilli Wedge Bake 	Vegetable Pie served with Mashed Potato (Ve) 	Cauliflower Cheese & Pasta Bake 	Cheese Flan served with Chips & Tomato Ketchup
KS2 Grab and Go Offer		Mediterranean Vegetable & Bean Paella (Ve) 	Baked Bean & Cheese Panini with Homemade Skin On Baked Potato Wedges 	Vegetable Chilli & Rice (Ve) 	
Jacket/ Pasta/ Filled Sandwiches/ Baguettes	Baked Jacket Potato with Cheese, Baked Beans  or Tuna Mayonnaise Pasta with Tomato & Basil Sauce or Pasta with Cheese Sauce Freshly Prepared Baguette or Sandwich filled with Ham, Cheese, or Tuna Mayonnaise				
Vegetable & Salad Selection	Selection of Daily Vegetables: New Mixed Vegetables Broccoli/Cauliflower & Carrots, Broccoli, Carrots, Roasted Red Pepper & Sweetcorn Mix, Sweetcorn  or Baked Beans ,Mixed Fresh Salad: Carrot, Cucumber, Lettuce, Tomato				
Dessert	Marble Sponge & Custard	Chocolate Shortbread Biscuits (Ve) & Fruit Slices 	Iced Banana Traybake	Oat & Raisin Cookie (Ve) & Fresh Watermelon Slice 	Chocolate Ice Cream

Available Daily: 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.



Dukesgate Primary School

Spring Summer Menu 2024 – Week Two



V3ss23

Menu Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal (& Halal Equivalent)	Macaroni Cheese	Sweet Chilli Chicken or Halal Sweet Chilli Chicken & Mixed Rice 	Roast Chicken or Halal Roast Chicken served with Skin on Roast Potatoes & Gravy	Beef Bolognese or Halal Beef Bolognese & Penne Pasta 	Chicken Nuggets served with Chips & Tomato Ketchup
Vegetarian Main Meal	Vegetable Enchiladas with Mixed Rice (Ve) 	Home Baked Vegetarian Lasagne 	Vegemince Cottage Pie (Ve) 	Veggie Mince Bolognese & Penne Pasta (Ve) 	Cheese & Onion Puff Pastry Roll served with Chips & Tomato Ketchup
		Chicken & Vegetable Burrito Or a Halal Version 	Quorn Burger in a Bun Served with Skin On Home baked Wedges	Jamaican Jumbled Curry Vegetables (Ve) Served with Caribbean Style Dumplings 	
Jacket/ Pasta/ Filled Sandwiches/ Baguettes	Baked Jacket Potato with Cheese, Baked Beans or Tuna Mayonnaise Pasta with Tomato & Basil Sauce or Pasta with Cheese Sauce Freshly Prepared Baguette or Sandwich filled with Ham, Cheese, or Tuna Mayonnaise <i>(Availability varies daily)</i>				
Vegetable & Salad Selection	Selection of Daily Vegetables: New Mixed Vegetables Broccoli/Cauliflower & Carrots, Broccoli, Carrots, Roasted Red Pepper & Sweetcorn Mix, Sweetcorn or Baked Beans Mixed Fresh Salad: Carrot, Cucumber, Lettuce, Tomato				
Dessert	Ginger & Mandarin Traybake 	Strawberry Jelly (Ve)	Freshly Baked Chocolate Cookie (Ve)	Flapjack Finger (Ve) with a fresh slice of Watermelon 	Homemade Shortbread Biscuits (Ve)

Available Daily: 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.
















Dukesgate Primary School

Spring Summer Menu 2024 – Week Three



V35523

Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal (& Halal Equivalent)	Wholemeal Cheese & Tomato Pizza served with Potato Wedges 	Minced Beef Cottage Pie or Halal Minced Beef Cottage Pie	Chicken Tagine or Halal Chicken Tagine served with Vegetable Cous Cous 	BBQ Chicken or Halal BBQ Chicken & Vegetables served with Noodles 	Friday Fish Fingers served with Chips & Tomato Ketchup
Vegetarian Main Meal	Mildly Spiced Vegetable Chilli & Mixed 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 	Home Baked Vegetarian Lasagne 	Homemade Cheese & Tomato Whirl served with Chips & Tomato Ketchup
KS2 Grab and Go Offer	N/A	Cheesy Beans Pitta Pocket 	Aubergine Curry served with Rice 	Cheese and Tomato Melt Served with Skin on Baked Potato Wedges	N/A
Jacket/ Pasta/ Filled Sandwiches/ Baguettes	Baked Jacket Potato with Cheese, Baked Beans  Tuna Mayonnaise or Salmon Mayonnaise  Pasta with Tomato & Basil Sauce or Cheese Sauce Freshly Prepared Baguette or Sandwich filled with Ham, Cheese or Tuna Mayonnaise <i>(Availability varies daily)</i>				
Vegetable & Salad Selection	Selection of Daily Vegetables: New Mixed Vegetables Broccoli/Cauliflower & Carrots, Broccoli, Carrots, Roasted Red Pepper & Sweetcorn Mix,  Sweetcorn or Baked Beans Mixed Fresh Salad: Carrot, Cucumber, Lettuce, Tomato				
Dessert	Baked Apple Sponge served with Custard 	Tutti Frutti Jelly and Mandarins (Ve) 	Freshly Baked Vanilla Cookie (Ve)	Zesty Lemon & Blueberry Yoghurt Cake	Homemade Flapjack (Ve)

Available Daily: Fresh Bread, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 

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.

