



Spring/Summer Menu

Rainbow Forge Primary Academy

WEEK ONE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14th April, 5th May, 26th May, 16th June, 7th July, 28th July, 18th Aug, 8th Sept, 29th Sept, 20th Oct 2025	Main Meal Option	Pork Sausage Toad in the Hole & Home-baked Potato Wedges	Red Tractor Mild Chicken Curry, Mixed Wholegrain & White Rice	Roast Chicken with Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Pasta Salad	MSC Fish Fingers & Chips
	Vegetarian Main Course	Veggie Sausage Toad in the Hole & Home-baked Potato Wedges	Mild Sweet Potato & Chickpea Curry & Mixed Wholegrain & White Rice ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Butternut Squash & Five Bean Risotto	Cheese Flan, Chips & Ketchup
	Vegetables	Broccoli, Cauliflower & Carrots & Sweetcorn	British Red Tractor Garden Peas, Sliced Carrots	Broccoli, Cauliflower & Carrots	Carrot & Cucumber Sticks or British Red Tractor Garden Peas, Sweetcorn	British Red Tractor Garden Peas, Baked Beans
	Sandwich	Cheese	Cheese		Cheese	Cheese
	Sandwich	Tuna Mayo	Tuna Mayo		Tuna Mayo	Tuna Mayo
	Sandwich	Ham	Ham	Hot Baguette	Ham	Ham
	Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans
	Dessert	Banana Mousse & Orange Smiles	Marble Sponge ^{VG} & Custard/Chocolate Sauce	Strawberry Jelly with Watermelon Slice ^{VG}	Vanilla Cookie ^{VG}	Iced Sponge Cake
WEEK TWO		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21st April, 12th May, 2nd June, 23rd June, 14th July, 4th Aug, 25th Aug, 15th Sept, 6th Oct, 27th Oct 2025	Main Meal Option	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Red Tractor Beef Pasta Bolognese & Garlic Bread	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
	Vegetarian Option	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Plant-based Pasta Bolognese & Garlic Bread Vg	Vegetable & Chickpea Fajita Wrap, Roast Potatoes Vg	Vegetable Chilli & Sunny Vegetable Rice Vg	Tomato & Baked Bean Pasta Bake Vg
	Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas, or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
	Sandwich	Cheese	Cheese		Cheese	Cheese
	Sandwich	Tuna Mayo	Tuna Mayo		Tuna Mayo	Tuna Mayo
	Sandwich	Ham	Ham	Hot Baguette	Ham	Ham
	Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
	Dessert	Banana Cake Vg & Custard	Shortbread & Orange Slices Vg	Hidden Fruit Chocolate Brownie	Flapjack Vg	Chocolate Oaty Slice Vg
WEEK THREE		GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28th April, 19th May, 9th June, 30th June, 21st July, 11th Aug, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov 2025	Main Meal Option	Sweet & Sour Chicken Meatballs & Sunny Rice	Beef Lasagne & Garlic Bread	Roast Gammon with Gravy, Stuffing & Roast Potatoes	Margherita Pizza & Tomato Pasta Salad	MSC Fish Fingers & Chips
	Vegetarian Option	Sweet & Sour Veggie Meatballs & Sunny Rice ^{VG}	Chinese Sweet Chilli Quorn Stir Fry & Mixed Rice ^{VG}	Mediterranean Vegetable & Chickpea Stew & Roast Potatoes ^{VG}	Cheese Flan & Home-baked Potato Wedges	Crispy Vegetable Fingers & Chips ^{VG}
	Vegetables	British Red Tractor Garden Peas, Baked Beans	Broccoli, Cauliflower & Carrots	Broccoli, Carrots & Sweetcorn	British Red Tractor Garden Peas or Sliced Carrots	British Red Tractor Garden Peas, Baked Beans
	Sandwich	Cheese	Cheese		Cheese	Cheese
	Sandwich	Tuna Mayo	Tuna Mayo		Tuna Mayo	Tuna Mayo
	Sandwich	Ham	Ham	Hot Baguette	Ham	Ham
	Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
	Dessert	Strawberry Mousse & Fruit Slices	Chocolate Cookie & Orange Wedges ^{VG}	Vanilla Cupcake	Chocolate Crunch 'Concrete' ^{VG} & Chocolate Sauce/Pink Custard	Homemade Jam Sponge & Custard

Yoghurt and fruit will also be available each day as an alternative to dessert. A selection of breads, salads and fresh drinking water will be available daily.