

**Tree Tops is at the forefront of promoting a healthy lifestyle.** We believe that access to nutritious, healthy meals should be a right for our children. Not only does Treetops enhance the curriculum for our children but it also helps them to learn.

This menu offers a choice of fresh, healthy cooked food which meets the Government's School Food Standards. We source as much of our food locally as we can, this ensures that Treetops supports the local community and that our ingredients are fresh and seasonal.



Red Tractor, farm assured British meat from local butchers.



All fish carry the MSC logo.



No undesirable additives and hydrogenated fats.



A variety of local sourced fruit, vegetables and fair trade bananas are served fresh daily.



Every Monday is a meat free day to help promote more sustainable living.



Whole grains and fruits used in all baked desserts.



All sauces enriched with vegetables to help increase the daily vegetable intake.



Limits on added salt and sugar used in cooking and baking.



**TREE**  
FOREST VIEW PRIMARY  
**TOPS**



## Food Allergies and Intolerances

All of our food is produced fresh in a kitchen where allergens are present and our menu descriptions do not include all of the ingredients. If your child has a food allergy then please speak with the school office before your child orders.

All allergen information is available on request from the school office and can also be viewed on the school website.

## Special Diets

The school is able to provide meals for children who are on special diets. Please contact the school office for more details.



**At Forest View we believe that every child has the right to be able to access a high quality hot meal each day.**

We ensure that our kitchen is a not for profit enterprise which enables us to keep meal costs low and return any profit to the kitchen to further improve our meal offer. Forest View's own run catering service puts our children first and ensures that any child who wants one can have a healthy school meal each day.



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Spring/Summer

**2023/24**

**WEEK 1: 19/2/24, 11/3/24, 15/4/24, 6/5/24, 3/6/24, 24/6/24, 15/7/24**

<b>MONDAY</b>	<b>Mains:</b> Cheese and tomato pizza with tomato pasta Vegetable pizza with tomato pasta	<b>Cold lunch (roll):</b> Cheese and cucumber, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Jacket potato	Crisps
	<b>Veg:</b> Cucumber, carrot sticks, tomatoes	Piece of fruit
	<b>Dessert:</b> Chocolate and fruit muffin	<b>Dessert:</b> Chocolate and fruit muffin
<b>TUESDAY</b>	<b>Mains:</b> KFC style chicken burger, bun and potato wedges Veggie burger, bun and potato wedges	<b>Cold lunch (sandwich):</b> BLT, cheese, tuna, egg mayo Carrot and cucumber sticks Cheese straw
	<b>3rd Option:</b> Cheese pasta	Piece of fruit
	<b>Veg:</b> Fresh coleslaw, sweetcorn	
	<b>Dessert:</b> Strawberries and cream	<b>Dessert:</b> Strawberries
<b>WEDNESDAY</b>	<b>Mains:</b> Roast chicken with stuffing and mashed potato Cheese, leek and sweet potato pie	<b>Cold lunch (baguette):</b> Pork and apple sauce, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Tomato pasta	Savoury crackers
	<b>Veg:</b> Roasted carrots, cauliflower, green beans	Piece of fruit
	<b>Dessert:</b> Raspberry flapjack	<b>Dessert:</b> Raspberry flapjack
<b>THURSDAY</b>	<b>Mains:</b> Chilli con carne with rice Five bean chilli with rice	<b>Cold lunch (sandwich):</b> Roast chicken with stuffing, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Jacket potato	Pizza slice
	<b>Veg:</b> Buttered summer vegetable medley (courgette, peas, green beans, leeks)	Piece of fruit
	<b>Dessert:</b> Iced Bun	<b>Dessert:</b> Iced Bun
<b>FRIDAY</b>	<b>Mains:</b> Fish fingers and chips Veggie fingers and chips	<b>Cold lunch (roll):</b> Chocolate spread and banana, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Beans on toast	Rice cakes
	<b>Veg:</b> Beans, sweetcorn, peas	Piece of fruit
	<b>Dessert:</b> Cornetto style ice cream	<b>Dessert:</b> Cornetto style ice cream

**WEEK 2: 26/2/24, 18/3/24, 22/4/24, 13/5/24, 10/6/24, 1/7/24**


<b>MONDAY</b>	<b>Mains:</b> Tomato and mozzarella puff pastry slice with pasta Vegetable enchilada with pasta	<b>Cold lunch (roll):</b> Mozzarella and tomato, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Jacket potato	Crisps
	<b>Veg:</b> Cucumber, carrot sticks, tomatoes	Piece of fruit
	<b>Dessert:</b> Pancakes, fruit and syrup	<b>Dessert:</b> Pancakes
<b>TUESDAY</b>	<b>Mains:</b> Chicken curry, rice and poppadum Vegetable curry, rice and poppadum	<b>Cold lunch (sandwich):</b> Ham and cheese, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Tomato pasta	Cheese straw
	<b>Veg:</b> Vegetables in the main, salad	Piece of fruit
	<b>Dessert:</b> Milkshake and biscuit	<b>Dessert:</b> Milkshake and biscuit
<b>WEDNESDAY</b>	<b>Mains:</b> Hunters chicken with roast potatoes Quorn Lattice with roast potatoes	<b>Cold lunch (baguette):</b> Prawn marie rose sauce, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Jacket potato	Savoury crackers
	<b>Veg:</b> Sweetcorn, coleslaw, green beans	Piece of fruit
	<b>Dessert:</b> Chocolate brownie	<b>Dessert:</b> Chocolate brownie
<b>THURSDAY</b>	<b>Mains:</b> Hot dog with wedges Veggie hotdog with wedges	<b>Cold lunch (sandwich):</b> BBQ chicken, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Cheese pasta	Pizza slice
	<b>Veg:</b> Fried onions, beans, salad	Piece of fruit
	<b>Dessert:</b> Lemon drizzle	<b>Dessert:</b> Lemon drizzle cupcake
<b>FRIDAY</b>	<b>Mains:</b> Fish and chips Mozzarella sticks and chips	<b>Cold lunch (roll):</b> Cold sausage, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Beans on toast	Rice cakes
	<b>Veg:</b> Beans, sweetcorn, peas	Piece of fruit
	<b>Dessert:</b> Orange juice lolly	<b>Dessert:</b> Orange juice lolly

**WEEK 3: 4/3/24, 8/4/24, 29/4/24, 20/5/24, 17/6/24, 8/7/24**

<b>MONDAY</b>	<b>Mains:</b> Macaroni cheese Omelette and potato wedges	<b>Cold lunch (roll):</b> Jam, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Jacket potato	Crisps
	<b>Veg:</b> Cucumber, carrot sticks, sweetcorn	Piece of fruit
	<b>Dessert:</b> Mousse and biscuit	<b>Dessert:</b> Biscuit
<b>TUESDAY</b>	<b>Mains:</b> Spaghetti Bolognese with cheesy garlic bread Vegetable Bolognese with cheesy garlic bread	<b>Cold lunch (sandwich):</b> Mexican bean (spicy), cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Tomato pasta	Cheese straw
	<b>Veg:</b> Vegetables in the main, salad	Piece of fruit
	<b>Dessert:</b> Melon	<b>Dessert:</b> Melon
<b>WEDNESDAY</b>	<b>Mains:</b> Honey glazed ham, buttered new potatoes Quorn steak, buttered new potatoes	<b>Cold lunch (baguette):</b> Coronation chicken, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Jacket potato	Savoury crackers
	<b>Veg:</b> Buttered summer vegetable medley (courgette, peas, green beans, leeks)	Piece of fruit
	<b>Dessert:</b> Victoria Sandwich	<b>Dessert:</b> Victoria Sandwich
<b>THURSDAY</b>	<b>Mains:</b> Sweet chilli chicken wrap Sweet chilli quorn wrap	<b>Cold lunch (sandwich):</b> Ham, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Cheese pasta	Pizza slice
	<b>Veg:</b> Sweetcorn, coleslaw, peas	Piece of fruit
	<b>Dessert:</b> Waffle, ice-cream, sauce	<b>Dessert:</b> Waffle
<b>FRIDAY</b>	<b>Mains:</b> Salmon fish cake and chips French bread pizza and chips	<b>Cold lunch (roll):</b> Cheese and tomato, cheese, tuna, egg mayo Carrot and cucumber sticks
	<b>3rd Option:</b> Beans on Toast	Rice cakes
	<b>Veg:</b> Beans, sweetcorn, peas	Piece of fruit
	<b>Dessert:</b> Marshmallow rice krispie cake	<b>Dessert:</b> Marshmallow rice krispie cake

**Fresh seasonal salad bar and bread available daily. Fresh fruit and yoghurt are available daily as an alternative to the dessert of the day.**



 Vegetarian Option



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