	Upwood Primary Academy	Veek One- Mon	day 15 th July			FOOD	SILVER Proveg SCHOOL PLOTES
	"The Art of	Monday	Tuesday	Wednesday	Thursday	Friday	
	Food"	Planet day	Planet day		Roasthhursday		
	RED	Mediterranean vegetable pasta bake (ve)	Oven baked fish fingers	Stir fry chicken with summer vegetables with white & brown rice mix	Roast Pork with Yorkshire pudding & gravy	Hot Dog	<u> </u>
-	GREEN	Vegetable fajita wrap (ve)	Layered vegetable & sweet potato bake (ve)	Cheese, tomato & pepper basil turnovers (v)	Quorn meat loaf with a fresh tomato & basil sauce (v)	Veggie Sausage	
	Yellow	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Jacket potato served with filling & salad	Ð
	The Daily Veg Selection	Homemade cheese & herb bread. Fresh mixed salad (ve)	New potatoes Peas (ve)	Half jacket potato Summer vegetable (ve)	Roast potatoes Fresh carrots Spring greens (ve)	Chips Baked beans (ve)	5
	The Sweet Plate	Homemade apple & crumble with custard (v) or Fresh fruit	Vanilla Yogurt (ve) or Fresh fruit	Lemon drizzle cake (ve) or Fresh fruit	Chocolate trifle or Fresh fruit	Chocolate Brownie or Fresh fruit	
We fully support healthy eating and our commitment to meat free days "The Art of Food", We fully support healthy eating and our commitment to meat free days "The Art of Food", We fully support healthy eating and our commitment to meat free days "The Art of Food", We fully support healthy eating and our commitment to meat free days "The Art of Food", We fully support healthy eating and our commitment to meat free days "The Art of Food", We fully support healthy eating and our commitment to meat free days							