Autumn/Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Chicken Sausage, Mashed Potato with Beans or Sweetcorn	BBQ Chicken, Mixed Wholegrain and White Rice with Carrots & Peas	Roast Chicken, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	**Wholemeal** Margarita Pizza with Home-baked Potato Wedges Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Vegetarian Meal Option 2	Vegetable Sausage, Mashed Potato with Beans or Sweetcorn	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Carrots & Peas	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Macaroni Cheese with Broccoli & Sweetcorn	Cheese Quiche with Chips, Peas & Baked Beans
Jacket Potato Option 3	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, Salmon Mayo or Beans
School Packed Lunch Option 4	Freshly made Cheese Sandwich	Freshly made Tuna Mayo Sandwich	Freshly made Cheese Sandwich	Freshly made Ham Sandwich	Freshly made Tuna Mayo Sandwich
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices VG	Marble Sponge & Custard	Brownie

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

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

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.

Autumn/Winter Menu Week 2

26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

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

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas	Beef Bolognese with Wholegrain Penne, Garden Peas & Carrots	Halal Roast Chicken, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	**Wholemeal** Margarita Pizza with Home-baked Potato Wedges Broccoli & Sweetcorn	Battered Fish with Chips, Garden Peas & Baked Beans
Vegetarian Meal Option 2	Vegetable Meatball Masala on Yellow Mixed Rice with Carrots & Peas VG	Plant-based Pasta Bolognese with Garden Peas & Carrots VG	Sweet Potato and Lentil Roast, Gravy, Stuffing & Roast Potatoes with Seasonal Greens & Mixed Vegetables VG	Macaroni Cheese with Broccoli & Sweetcorn	Wholegrain Mexican Bean Wrap with Chips, Baked Beans & Garden Peas
Jacket Potato Option 3	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
School Packed Lunch Option 4	Freshly made Cheese Sandwich	Freshly made Tuna Mayo Sandwich	Freshly made Cheese Sandwich	Freshly made Ham Sandwich	Freshly made Tuna Mayo Sandwich
Dessert	Shortbread Biscuit & Fresh Fruit Slices VG	Chocolatey Orange Fudge Cake	Orange Jelly with Fresh Fruit Slices VG	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice VG

Portion(s) of fruit or veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish	Vegan VG

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.

Autumn/Winter Menu Week 3

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Tender Chicken Pieces with Vegetable Carbonara Pasta Bake with Broccoli & Sweetcorn	Minced Beef & Onion Shortcrust Pastry Pie with Mashed Potato, Carrots & Garden Peas	Roast Chicken, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	**Wholemeal** Margarita Pizza Home-baked Potato Wedges, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Vegetarian Meal Option 2	Vegetable Carbonara Pasta Bake with Broccoli & Sweetcorn	Veggie Mince & Vegetable Shortcrust Pastry Pie with Mashed Potato, Carrots & Garden Peas VG	Vegetable and Lentil Keema Puff Pastry Slice with Roast Potatoes, Mixed Vegetables, Seasonal Greens & Gravy	Macaroni Cheese with Broccoli & Sweetcorn	Crispy Vegetable Fingers with Chips, Garden Peas or Baked Beans VG
Jacket Potato Option 3	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
School Packed Lunch Option 4	Freshly made Cheese Sandwich	Freshly made Tuna Mayo Sandwich	Freshly made Cheese Sandwich	Freshly made Ham Sandwich	Freshly made Tuna Mayo Sandwich
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard	Raspberry Jelly VG	Crunchy Biscuit with Fresh Fruit Slices VG	Iced Sponge Cake

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

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

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.