

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	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges Carrots & Garden Peas 	Roast Chicken, Mashed Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Wholemeal Pizza: Mixed Vegetable Pizza with Pasta Salad, Carrots & Sweetcorn 	Fish Fingers, Chips with Peas & Baked Beans 
Main Meal Option 2	Veggie Mince & Vegetable Shortcrust Pastry Pie & Homemade Potato Wedges/Half a Jacket Potato, Carrots & Garden Peas ^{VG} 	Macaroni Cheese with Garden Peas & Salad 	Vegetable and Lentil Keema Puff Pastry Slice with Wholegrain Yellow Mixed Rice, Mixed Vegetables, Seasonal Greens & Gravy 	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Quorn Burger with Chips, Garden Peas & Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Cheese or Tomato & Basil Sauce ^{VG}				
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	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.

