

Autumn/Winter Menu Week 2

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

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	All Day Breakfast: Pork Sausage, Scrambled Egg, Herby Potatoes with Baked Beans 	Beef Bolognese with Wholegrain Penne, Garden Peas & Carrots 	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas 	Wholemeal Pizza: Margherita Pizza with Home- baked Potato Wedges, & Sweetcorn 	Fish Fingers, Chips with Peas & Baked Beans 
Main Meal Option 2	Roasted Vegetable Bruschetta with Carrots & Sweetcorn 	Vegetable Meatball Masala on Yellow Mixed Rice with Garden Peas & Carrots ^{VG} 	Sweet Chilli Quorn Sausage and Vegetables with Noodles, Broccoli and Sweetcorn ^{VG} 	Vegetable Lasagne with Broccoli & Sweetcorn 	Cheesy Egg Muffin & Chips with 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	Shortbread Biscuit & Fresh Fruit Slices ^{VG} 	Chocolatey Orange Fudge Cake 	Orange / Strawberry Jelly with Fresh Fruit Slices ^{VG} 	Lemon Drizzle Cake & Custard 	Chocolatey Oaty Slice ^{VG}

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.

