

Autumn/Winter Menu Week 1

GREAT MOOR JUNIORS



WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Chicken Gravy, Stuffing & Roast Potatoes	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Option	Vegetable Sausage in a Bun with Home-baked Potato Wedges 	Italian Quorn Meatballs served with Pasta ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Vegetable Fingers & Chips with Ketchup ^{VG}
Vegetables	British Red Tractor Garden Peas, Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	Baked Beans & Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes/Sandwich Option	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
Dessert	Oaty Date Cookie 	Chocolate & Pear Crumble ^{VG} & Custard 	Strawberry Jelly ^{VG}	Vanilla Shortbread ^{VG} & Chocolate Sauce Oaty Date Cookie 	Vanilla Ice Cream

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 
---	---	--	--	--	--

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.