

Autumn/Winter Menu **Week 2**

GREAT MOOR JUNIORS



WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Pork Sausage & Mash with Gravy	MSC Battered Pollock & Chips
Vegetarian Option	Macaroni Cheese	Veggie Sausage & Baked Bean Hot Pot ^{VG} 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Veggie Sausage & Mash with Gravy ^{VG} 	Cheese Flan & Chips
Vegetables	British Red Tractor Garden Peas, or Sliced Carrots 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli, Sweetcorn or Baked Beans	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	Flapjack ^{VG}	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard 	Shortbread Pin Wheels & Fruit Slices ^{VG} 	Chocolate Mousse

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 
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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.