

# Autumn/Winter Menu Week 3

GREAT MOOR JUNIORS



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option</b>	Margherita Pizza with Home-baked Potato Wedges 	Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Beef Burger with Home-baked Potato Wedges	MSC Fish Fingers & Chips
<b>Vegetarian Option</b>	Sweet & Sour Vegetables & Sunny Rice <sup>VG</sup> 	Vegetable Sausage Hotdog served with Home-baked Wedges. 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup> 	Cheese & Onion Roll with Chips & Ketchup
<b>Vegetables</b>	Broccoli or Sweetcorn 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Sweetcorn, Baked Beans 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes/Sandwich Option</b>	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 
<b>Dessert</b>	Vanilla Cookie & Fruit Slices <sup>VG</sup> 	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Chocolate Oaty Slice <sup>VG</sup>	Iced Sponge Cake with Sprinkles

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.