Autumn/Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	BBQ Chicken, Mixed Wholegrain and White Rice with Carrots & Peas	Roast Gammon, Stuffing, Roast Potatoes, Broccoli, Carrots, and Gravy	**Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2 (Vegetarian)	Vegetable Sausage Jambalaya Rice with Sweetcorn & Broccoli VG	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Carrots & Peas	Cheese, Potato & Onion Pastry Whirl, with Roast Potatoes, Seasonal Greens, Broccoli, Carrots & Cauliflower	Veggie Mince Cottage Pie with Broccoli & Sweetcorn VG	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans VG
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes & Pasta	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Pasta with Cheese or Tomato & Basil Sauce VG	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices VG	Marble Sponge & Custard	Brownie

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.