# Autumn/Winter Menu Week 3

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

| WEEK THREE | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
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| **Main Meal Option 1** | Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy | Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges Carrots & Garden Peas | Roast Chicken, Mashed Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy | **Wholemeal Pizza:** Mixed Vegetable Pizza with Wedges, Carrots & Sweetcorn | Fish Fingers, Chips with Peas & Baked Beans |
| **Main Meal Option 2 (Vegetarian)** | Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy VG | Macaroni Cheese with Garden Peas & Salad | Vegetable and Lentil Keema Puff Pastry Slice with Wholegrain Yellow Mixed Rice, Mixed Vegetables, Seasonal Greens & Gravy | Margherita Pizza with Wedges, Carrots & Sweetcorn | Quorn Burger with Chips, Garden Peas & Baked Beans |
| **Sandwiches** | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham | | | | |
| **Baked Jacket Potatoes & Pasta** | Pasta with Cheese or Tomato & Basil Sauce VG | 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 or Cheese or Beans |
| **Dessert** | Chocolatey Cookie VG | Apple Sponge & Custard | Raspberry Jelly VG | Crunchy Biscuit with Fresh Fruit Slices VG | Iced Sponge Cake |

**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.