

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	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Chicken Tikka Curry with Mixed Wholegrain & White Rice	Roast Chicken Gravy, Stuffing & Mashed Potato or Roast Potatoes	Whole meal Pizza: Margherita Pizza & Home-baked Potato Wedges	Fish Fingers & Chips
Vegetarian Option	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	BBQ Vegetables with Mixed Wholegrain & white Rice	Cheese, Potato, & onion Pastry whirl with roast potatoes	Vegetable cottage Pie	Cheesy Bean Whole meal Pitta
Vegetables	Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Mixed Salad, Broccoli & Sweetcorn	Garden Peas, Baked Beans
Sandwiches	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, or Beans
Dessert	Chocolatey Cornflake Crispy Cake	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices	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



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.

Autumn / Winter Menu Week 2

26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	All Day Breakfast: Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes	Beef Bolognese with Spaghetti	Roast Gammon, Gravy Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	Fish Fingers & Chips
Vegetarian Option	ALL DAY BREAKFAST Quorn Sausage, Scrambled egg, Baked beans & Herby potatoes	Plant based pasta Bolognese With Wholewheat spaghetti	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Biryani with Wholegrain Rice	Cheese Quiche & Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans	Garden Peas & Carrots	Seasonal Greens & Country Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas & Baked Beans
Sandwiches	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans
Dessert	Shortbread Biscuit & Fresh Fruit Slices vg	Chocolate Fudge Cake	Jelly with Fresh Fruit Slices vg	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice vg

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt



England's target for 'free sugar' intake for your child
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On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

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

Autumn / Winter Menu Week 3

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash & Gravy	Savory Beef & onion short crust pastry pie with Homemade wedges	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Whole meal Pizza: Margherita with Pasta Salad	Battered Fish & Chips
Vegetarian Option	Quorn Sausage, Mash & Gravy VG	Macaroni Cheese	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Pasta Carbonara	Vegetable Fingers with Chips
Vegetables	Sweetcorn, Baked Beans & Broccoli	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Carrots or Sweetcorn	Garden Peas, Baked Beans
Sandwiches	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich	Cheese, Tuna or Ham sandwich
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	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	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
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