Autumn / Winter Menu Week 1

7th & 28th Sep, 19th Oct, 9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

WEEK ONE GREAT MOOR INFANTS	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	**Wholemeal Pizza**: Margherita with Home-baked Potato Wedges	Fish Fingers & Chips
Vegetarian Option	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Tomato, Basil & Vegetable Wholewheat Pasta Bake	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Cottage Pie VG	Cheese Quiche & Chips with Ketchup
Vegetables	Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Mixed Salad, Broccoli & Sweetcorn	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, Cheese, 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

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.