Autumn/Winter Menu Week 1

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

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

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	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas	Roast Chicken, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	**Wholemeal Pizza:** Margherita Pizza with Home-baked Potato Wedges, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	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	Cheese Quiche with Chips, Peas & Baked Beans
'Street' or 'World' Food		Chinese-style Chicken and Vegetable Stir-fry with Noodles, Carrots & Garden Peas	Roast Chicken Baguette, served with seasonal Greens, Broccoli, Carrots and Cauliflower	Hummus and Grated Carrot Wholemeal Baguette with Potato Wedges, Mixed Salad, Broccoli & Sweetcorn VG	
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Jollof Rice with 5 Beans / Pasta with Cheese or Tomato & Basil Sauce VG				
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, 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

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.

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	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	**All Day Breakfast:** Pork Sausage, Scrambled Egg, Herby Potatoes with Broccoli, Sweetcorn & Baked Beans	Beef Bolognese with Wholegrain Penne, Garden Peas & Carrots	Roast Gammon, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	**Wholemeal Pizza:** Margherita Pizza with Home-baked Potato Wedges, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Vegetarian Option 2 (as an alternative to Option 2)	**All Day Breakfast:** Vegan Quorn Sausage, Scrambled Egg, Herby Potatoes, with Broccoli, Sweetcorn & Baked Beans	Plant-based Pasta Bolognese with Garden Peas & Carrots VG	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Vegetable Lasagne with Broccoli & Sweetcorn	Cheese Quiche with Chips, Peas & Baked Beans
'Street' or 'World' Food		Cheesy Egg Muffin, Jacket Wedges with Garden Peas, Carrots and Baked Beans	Roast Gammon Baguette, Seasonal Greens, Broccoli, Carrots, Cauliflower	Sweet Chilli Quorn Sausage and Vegetables with Noodles, Broccoli and Sweetcorn VG	
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Jollof Rice with 5 Beans / Pasta with Cheese or Tomato & Basil Sauce VG				
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	Chocolatey Orange Fudge Cake	Strawberry 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

Portion(s) of fruit or veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish	Vegan VG

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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
Main Meal Option 1	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy	Savoury Chicken Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas	Roast Chicken, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	**Wholemeal Pizza:** Margherita Pizza with Pasta Salad, Carrots & Sweetcorn	Battered Fish with Chips, Garden Peas & Baked Beans Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy VG	Macaroni Cheese with Carrots, Garden Peas & Salad	Quorn Grill, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	Vegetable Pasta Carbonara with Carrots & Sweetcorn	Quorn Burger with Chips, Garden Peas & Baked Beans
'Street' or 'World' Food		Cream Cheese, Carrot, Red Pepper & Cucumber Pinwheel Wrap with Carrots & Garden Peas	Roast Chicken Baguette, Mixed Vegetables and seasonal greens	Roasted Vegetable Bruschetta with Carrots & Sweetcorn	
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Jollof Rice with 5 Beans / Pasta with Cheese or Tomato & Basil Sauce VG				
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	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.