

Autumn / Winter Menu Week 1

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

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A UNIVERSE OF FOOD AND DRINK

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage and Bean Wholewheat Pasta Bake with Choice of Vegetables 	BBQ Chicken, Mixed Wholegrain and White Rice with Choice of Vegetables 	Roast Chicken Stuffing, Roast Potatoes with Choice of Vegetables and Gravy 	Margherita Pizza with Home-Baked Potato Wedges with Choice of Vegetables 	Fish Fingers, Chips with Peas & Baked Beans 
Main Meal Option 2	Vegetable Sausage and Bean Wholewheat Pasta Bake with Choice of Vegetables ^{VG} 	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Choice of Vegetables 	Quorn Grill, Stuffing, Roast Potatoes with Choice of Vegetables and Gravy 	Butternut Squash and Tomato Pasta Bake with Choice of Vegetables ^{VG} 	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans ^{VG} 
Sandwich Choice	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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 ^{VG}	Marble Sponge & Custard	Fruit Jelly ^{VG}	Gingerbread Cookie	Brownie

Available Daily: Choice of Seasonal Fruit

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