

Autumn/Winter Menu Week 1

10th Nov, 1st Dec, 22nd Dec, 19th Jan, 9th Feb, 2nd March, 23rd March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges 	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Chicken Gravy, Stuffing & Roast Potatoes 	Wholemeal Tomato & Cheese Pizza & Pasta Salad 	MSC Fish Fingers & Chips 
Vegetables	Baked Beans & Sweetcorn 	Carrot & Cucumber Sticks or Broccoli 	Seasonal Greens 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
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	Vanilla Shortbread ^{VG} & Chocolate Sauce	Oaty Date Cookie 	Strawberry Jelly ^{VG}	Chocolate & Pear Crumble ^{VG} & Custard 	Ice Cream

Available Daily: Vegetable Sticks, Fresh Bread, Fresh Fruit Slices & Yoghurt

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.

Autumn/Winter Menu Week 2

27th Oct, 17th Nov, 8th Dec, 5th Jan, 26th Jan, 16th Feb, 9th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage & Mash with Gravy	Red Tractor Beef Lasagne 	Roast Gammon, Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Pasta Salad 	MSC Fish Fingers & Chips
Vegetables	Broccoli, Sweetcorn 	Broccoli, Cauliflower & Baked Beans 	Seasonal Greens & Carrots 	Sweetcorn and Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
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	Flapjack 	Apple Crumble VG & Custard 	Chocolate Mousse	Chocolate Fudge Cake	Ice Cream

Available Daily: Vegetable Sticks, Fresh Bread, Fresh Fruit Slices & Yoghurt

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

Autumn/Winter Menu **Week 3**

3rd Nov, 24th Nov, 15th Dec, 12th Jan, 2nd Feb, 23rd Feb, 16th March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Beef Burger with Home-baked Potato Wedges 	Mild Chicken Curry served with Mixed Rice 	Minced Beef, Yorkshire Pudding and Gravy 	Margherita Pizza with Pasta Salad 	MSC Fish Fingers & Chips 
Vegetables	Sweetcorn, Baked Beans 	Broccoli & Carrots 	Seasonal Greens & Carrots 	Broccoli and Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
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	Vanilla Cookie & Fruit Slices ^{VG} 	Syrup Sponge Pudding & Custard 	Iced Sponge Cake with Sprinkles 	Chocolate Oaty Slice VG 	Ice Cream 

Available Daily: Vegetable Sticks, Fresh Bread, Fresh Fruit Slices & Yoghurt

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.