

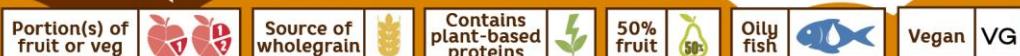
# Autumn/Winter Menu Week 3



3<sup>rd</sup> Nov, 24<sup>th</sup> Nov, 15<sup>th</sup> Dec, 12<sup>th</sup> Jan, 2<sup>nd</sup> Feb, 23<sup>rd</sup> Feb, 16<sup>th</sup> 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 <small>VG</small>	Syrup Sponge Pudding & Custard	Iced Sponge Cake with Sprinkles	Chocolate Oaty Slice <small>VG</small>	Ice Cream

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



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.