




















## Autumn/Winter Menu Week 1

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

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option</b>	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Gammon with Gravy, Stuffing & Roast Potatoes	BBQ Chicken & Rice	MSC Fish Fingers & Chips
<b>Vegetable Meal Option</b>	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Italian Quorn Meatballs served with Pasta <sup>VG</sup> 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Sausage in a Bun with Home-baked Potato Wedges <sup>VG</sup> 	Jacket Potato & Mild Vegetable Chilli <sup>VG</sup> 
<b>Vegetables</b>	Baked Beans & Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes</b>	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 
<b>Dessert</b>	Vanilla Shortbread <sup>VG</sup> & Chocolate Sauce	Chocolate & Pear Crumble <sup>VG</sup> & Custard 	Strawberry Jelly <sup>VG</sup>	Oaty Date Cookie 	Vanilla Ice Cream


















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.

### Autumn/Winter Menu Week 2

27<sup>th</sup> Oct, 17<sup>th</sup> Nov, 8<sup>th</sup> Dec, 5<sup>th</sup> Jan, 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option</b>	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Rice Salad 	MSC Battered Pollock & Chips
<b>Vegetable Meal Option</b>	Veggie Sausage & Mash with Gravy <sup>VG</sup> 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Cheese Flan & Chips
<b>Vegetables</b>	Broccoli, Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes</b>	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 
<b>Dessert</b>	Shortbread Pin Wheels & Fruit Slices <sup>VG</sup> 	Chocolate Fudge Cake	Apple Crumble <sup>VG</sup> & Custard 	Flapjack <sup>VG</sup>	Chocolate Mousse

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.



### 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
<b>Main Meal Option</b>	Beef Burger with Home-baked Potato Wedges 	Mild Chicken Curry served with Mixed Rice 	Roast Chicken with Gravy, Stuffing & Mashed Potato 	Margherita Pizza with Pasta Salad 	MSC Fish Fingers & Chips
<b>Vegetable Meal Option</b>	Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup> 	Spinach & Sweet Potato Curry <sup>VG</sup> 	Quorn Grill, Gravy, Stuffing & Mashed Potato 	Sweet & Sour Vegetables & Sunny Rice <sup>VG</sup> 	Crispy Vegetable Fingers & Chips <sup>VG</sup> 
<b>Vegetables</b>	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes</b>	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 
<b>Dessert</b>	Chocolate Oaty Slice <sup>VG</sup> 	Syrup Sponge Pudding & Custard 	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices <sup>VG</sup> 	Iced Sponge Cake Topped with a Glace Cherry 

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.