

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, Mashed Potato, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Wholemeal Pizza: Margherita Pizza with Half a Jacket Potato, Broccoli & Sweetcorn Sausage & Sweetcorn Pizza Half a Jacket Potato, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Halal Option	Chicken 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 Half a Jacket Potato, Broccoli & Sweetcorn Sausage & Sweetcorn Pizza Half a Jacket Potato, Broccoli & Sweetcorn	Salmon Mayonnaise & Cucumber Wholemeal Baguette
Vegetarian Option	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	BBQ Vegetables, Mixed Wholegrain & White Rice with Carrots & Peas	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Butternut Squash and Tomato Pasta Bake with Broccoli & Sweetcorn Cheese Quiche with Chips, Peas & Baked Beans	
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Jollof Rice with 5 Beans / Pasta with Cheese or Tomato & Basil Sauce				
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	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices	Marble Sponge & Custard	Brownie



Our desserts meet Public Health England's target for 'free sugar' intake for your child.

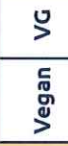
Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

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 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 
Halal Option	All Day Breakfast: Chicken Sausage, Scrambled Egg, Herby Potatoes with Broccoli, Sweetcorn & Baked Beans 	Beef Bolognese with Wholegrain Penne, Garden Peas & Carrots 	Roast Chicken Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Wholemeal Pizza: Margherita Pizza with Home-baked Potato Wedges Broccoli & Sweetcorn 	
Vegetarian Option	All Day Breakfast: Vegan Quorn Sausage, Scrambled Egg, Herby Potatoes, with Broccoli, Sweetcorn & Baked Beans 	Plant-based Pasta Bolognese with Garden Peas & Carrots 	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Vegetable Lasagne with Broccoli & Sweetcorn 	Cheese Quiche with Chips, Peas & Baked Beans 
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

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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 	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges Carrots & Garden Peas 	Roast Chicken Roast Potatoes Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Wholemeal Pizza: Mixed Vegetable Pizza with Pasta Salad, Carrots & Sweetcorn  Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Battered Fish with Chips, Garden Peas & Baked Beans 
Halal Option	Chicken Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges Carrots & Garden Peas 	Roast Chicken Roast Potatoes Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Wholemeal Pizza: Mixed Vegetable Pizza with Pasta Salad, Carrots & Sweetcorn  Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans 
Vegetarian Option	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy 	Macaroni Cheese with Carrots, Garden Peas & Salad 	Quorn Grill, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Vegetable Pasta Carbonara 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 				
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 	Apple Sponge & Custard 	Raspberry Jelly 	Crunchy Biscuit with Fresh Fruit Slices 	Iced Sponge Cake

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