

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	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 Home-baked Potato Wedges, Broccoli & Sweetcorn 	Fish Fingers, Chips with Peas & Baked Beans 
Halal Main Meal 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 Home-baked Potato Wedges, Broccoli & Sweetcorn 	
Vegetarian Main Meal Option	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli 	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Carrots & Peas 	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Wholemeal Pizza: Margherita Pizza with Home-baked Potato Wedges, Broccoli & Sweetcorn 	Cheese Quiche with Chips, Peas & Baked Beans 
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / 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, Cheese, Salmon Mayo, or Beans 
Dessert	Chocolatey Cornflake Crispy Cake ^{VG} 	Gingerbread Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices ^{VG} 	Marble Sponge & Custard	Brownie

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan

VG

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

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	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 	Fish Fingers, Chips with Peas & Baked Beans 
Halal Main Meal 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 Main Meal Option	Macaroni Cheese with Broccoli, Sweetcorn and Baked Beans 	Vegetable Meatball Masala on Yellow Mixed Rice with Garden Peas & Carrots ^{VG} 	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 		Cheese Quiche with Chips, Peas & Baked Beans 
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / 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} 

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan

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	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: Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Battered Fish with Chips, Garden Peas & Baked Beans OR Fish Fingers, Chips with Peas & Baked Beans 
Halal Main Meal Option	Chicken Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas 	Roast Chicken Chicken, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Wholemeal Pizza: Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	
Vegetarian Main Meal Option	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy ^{VG} 	Macaroni Cheese with Carrots, Garden Peas & Salad 	Quorn Grill, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Vegetable Pasta Carbonara with Carrots & Sweetcorn 	Quorn Burger with Chips, Garden Peas & Baked Beans OR Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans ^{VG} 
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / 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	Chocolatey Cookie ^{VG}	Apple Sponge & Custard 	Raspberry Jelly ^{VG}	Crunchy Biscuit with Fresh Fruit Slices ^{VG} 	Iced Sponge Cake

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
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