

# Autumn/Winter Menu **Week 3**

3<sup>rd</sup> & 24<sup>th</sup> Nov, 15<sup>th</sup> Dec, 12<sup>th</sup> Jan, 2<sup>nd</sup> & 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 1</b>	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Main Meal Option 2</b>	Macaroni Cheese 	Vegetable Sausage Hotdog served with Home-baked Wedges 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Spinach & Sweet Potato Curry vg 	Cheese & Onion Roll with Chips & Ketchup
<b>Vegetables</b>	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
<b>Baked Jacket Potatoes</b>	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with 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 with Sprinkles

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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**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.