



Autumn/Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal	Pork Sausage and Bean Pasta Bake served with Garlic Bread & Seasonal Vegetables 	BBQ Chicken with Mixed Wholegrain and White Rice & Seasonal Vegetables 	Roast Chicken & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy 	Sausage & Sweetcorn Pizza served with Baked Potato Wedges & Seasonal Vegetables 	Fish Fingers & Chips served with Seasonal Vegetables & Baked Beans 
Vegetarian Main Meal	Vegetable Sausage and Bean Pasta Bake served with Garlic Bread & Seasonal Vegetables 	BBQ Vegetables with Mixed Wholegrain and White Rice & Seasonal Vegetables 	Quorn Grill & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy 	Margherita Pizza served with Baked Potato Wedges & Seasonal Vegetables 	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans 
Pasta	Tomato & Basil Pasta ^{VG} 	Cheese Pasta 	Cheese Pasta 	Tomato & Basil Pasta ^{VG} 	Cheese Pasta 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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 	Fruit Jelly & Fresh Fruit Slices ^{VG} 	Marble Sponge & Custard	Chocolate Brownie

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.