



## 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                                                                                | PLANET PIZZA THURSDAY                                                    | FISH FRIDAY                                                                                      |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| <b>Main Meal</b>             | <b>All Day Breakfast:</b><br>Pork Sausage, Scrambled Egg & Herby Potatoes with Seasonal Vegetables & Baked Beans<br>               | Spaghetti Bolognese with Seasonal Vegetables<br>                           | Roast Gammon & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy<br> | Mixed Vegetable Pizza with Baked Potato Wedges & Seasonal Vegetables<br> | Fish Fingers & Chips served with Seasonal Vegetables & Baked Beans<br>                           |
| <b>Vegetarian Main Meal</b>  | <b>All Day Breakfast:</b><br>Vegan Quorn Sausage, Scrambled Egg & Herby Potatoes served with Seasonal Vegetables & Baked Beans<br> | Plant-based Spaghetti Bolognese with Seasonal Vegetables <sup>VG</sup><br> | Quorn Grill & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy<br>  | Margherita Pizza with Baked Potato Wedges & Seasonal Vegetables<br>      | Crispy Vegetable Fingers & Chips served with Seasonal Vegetables & Baked Beans <sup>VG</sup><br> |
| <b>Pasta</b>                 | Tomato & Basil Pasta <sup>VG</sup><br>                                                                                             | Cheese Pasta<br>                                                           | Cheese Pasta<br>                                                                               | Tomato & Basil Pasta <sup>VG</sup><br>                                   | Cheese Pasta<br>                                                                                 |
| <b>Sandwiches</b>            | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham                                                                         |                                                                            |                                                                                                |                                                                          |                                                                                                  |
| <b>Baked Jacket Potatoes</b> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>                                                                  | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>          | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>                              | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>        | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>                                |
| <b>Dessert</b>               | Shortbread Biscuit & Fresh Fruit Slices <sup>VG</sup><br>                                                                          | Chocolatey Orange Fudge Cake<br>                                           | Fruit Jelly with Fresh Fruit Slices <sup>VG</sup><br>                                          | Lemon Drizzle Cake & Custard<br>                                         | Chocolatey Oaty Slice <sup>VG</sup><br>                                                          |

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.