



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	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal	Pork Sausages with Mashed Potato, Seasonal Vegetables & Gravy 	Savoury Chicken Shortcrust Pastry Pie with Baked Potato Wedges and Seasonal Vegetables 	Roast Chicken & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables & Gravy 	Sausage & Sweetcorn Pizza served with Baked Potato Wedges & Seasonal Vegetables 	Fish Fingers & Chips served with Seasonal Vegetables & Baked Beans 
Vegetarian Main Meal	Quorn Sausage with Mashed Potato, Seasonal Vegetables & Gravy ^{VG} 	Macaroni Cheese with Seasonal Vegetables 	Quorn Grill & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy 	Margherita Pizza with Baked Potato Wedges & Seasonal Vegetables 	Quorn Burger & Chips served with Seasonal Vegetables & Baked Beans 
Pasta	Cheese Pasta 	Tomato & Basil Pasta ^{VG} 	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 or Cheese or Beans 
Dessert	Chocolatey Cookie ^{VG}	Apple Sponge & Custard 	Fruit Jelly with Fresh Fruit Slices ^{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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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.