

Autumn/Winter Menu **Week 1**

10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March



WEEK ONE	PIZZA MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Main Meal Option 1	Tomato & cheese Pizza & Home-baked Potato Wedges	Beef cottage pie 	Roast Chicken Gravy, Stuffing & Mashed Potato or Roast Potatoes	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges 	Battered Pollock & Chips
Vegetarian Option 2 (as an alternative to Option 2)	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Quorn meatballs & Pasta 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Lasagna & garlic bread 	Vegetable Fingers & Chips with Ketchup ^{VG}
Vegetables	Baked Beans & Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Tuesday & Thursday only				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Mac & Cheese & Garlic Bread 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Mac & cheese & Garlic Bread 	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans 
Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard 	Strawberry Jelly ^{VG}	Oaty Date Cookie 	Vanilla Ice Cream

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.