

Autumn/Winter Menu **Week 2**

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March



WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Margherita pizza & home baked potato wedges	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Pork Sausage, Mash & Gravy 	MSC Battered Pollock & Chips
Vegetarian Option 2 (as an alternative to Option 2)	Cheese & Onion Roll & Home made Wedges 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Vegetable sausage & mash with gravy 	Tomato pasta bake & Garlic Bread
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Tuesday & Thursday only				
Baked Jacket Potatoes/ Pasta	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 or Cheese or Beans 	Mac & Cheese & Garlic Bread 
Dessert	Shortbread Pin Wheels & Fruit Slices ^{VG} 	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard 	Flapjack ^{VG}	Chocolate Mousse

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

INSERT DATES

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.