



















Autumn/Winter Menu Week 3

3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March



WEEK THREE	PIZZA MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Margherita Pizza with home baked potato wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato,	Beefburger with Home baked Potato Wedges 	Battered Pollock & Chips
Vegetarian Option 2	Vegetable Burger with Home-baked Potato Wedges ^{VG} 	Spinach & Sweet Potato Curry ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Sweet & Sour Vegetables & Sunny Rice ^{VG} 	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Tuesday Thursday only				
Baked Jacket Potatoes/ Pasta	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 or Cheese or Beans 
Dessert	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices ^{VG} 	Iced Sponge Cake with Sprinkles

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








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.