

Autumn / Winter Menu Week 3

12th Oct, 2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

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A UNIVERSE OF FOOD AND DRINK

WEEK THREE	PLANET PIZZA MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITE THURSDAY	FISH FRIDAY
Main Meal Option 1	Pepperoni Pizza & Tomato Pasta	Chicken Nuggets & Chips 	Honey Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes	Pork Sausage & Wedges /Gravy 	Battered Fish or Fish Fingers & Chips
Vegetarian Option 2 (as an alternative to Option 2)	Margaretta Pizza & Tomato Pasta	Veggie Nuggets & Chips ^{VG}  	Quorn Grill, Gravy, Yorkshire Pudding & Mashed Potato/Roast Potatoes	Quorn Sausage & Wedges/Gravy 	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Tuesday and Thursday only.				
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 	Raspberry Jelly ^{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

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.