



Autumn/Winter Menu Week 1

7th & 28th Sep, 19th Oct, 9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Whole-meal Pizza: Peperoni with Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	Vegetable Sausage Jambalaya Rice ^{VG} 	Cheesy bean Whole-meal Pitta 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Whole-meal Pizza: Margherita with Home-baked Potato Wedges 	Cheese & Onion Quiche & Chips
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Tomato & Basil Sauce ^{VG}				
Baked Jacket Potatoes	Jacket Potato with Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans, Tuna Mayo or Cheese 	Jacket Potato with Beans, Tuna Mayo 	Jacket Potato with Beans, Tuna Mayo, Cheese 
Dessert	Chocolatey Cornflake Crispy Cake ^{VG}	Gingerbread Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices ^{VG} 	Marble Sponge & Custard	Brownie

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.



Autumn/Winter Menu Week 2

14th Sep, 5th & 26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	All Day Breakfast: Pork Sausage, Scrambled Egg, Baked Beans & Hash Brown Nuggets 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Gammon, Gravy Stuffing & Roast Potatoes	Whole-meal Peperoni Pizza & Home-baked Potato Wedges 	Chicken Nuggets & Chips
Main Meal Option 2	Macaroni Cheese	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti ^{VG}	Sweet Potato and Lentil Roast, Gravy, Stuffing & Roast Potatoes ^{VG} 	Whole-meal Margherita Pizza & Home-baked Potato Wedges	Wholegrain Mexican Bean Wrap with Chips  
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Tomato & Basil Sauce ^{VG}				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 
Dessert	Shortbread Biscuit & Fresh Fruit Slices ^{VG} 	Chocolatey Orange Fudge Cake	Strawberry Jelly with Fresh Fruit Slices ^{VG} 	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice ^{VG}

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.



Autumn/Winter Menu Week 3

31st Aug, 21st Sep, 12th Oct, 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 Option 1	Pork Sausages, Mash & Gravy	Savory Chicken Short Crust Pastry Pie with Homemade Potato Wedges 	Roast Chicken Gravy, Yorkshire Pudding & Mashed Potato	Whole-meal Pizza: Vegetable or Margherita with Pasta Salad 	Battered Fish or Fish Fingers & Chips
Main Meal Option 2	Quorn Sausage, Mash & Gravy VG	Veggie Mince & Vegetable Short crust Pastry Pie & Homemade Potato Wedges VG  	Vegetable & Lentil Keema Puff Pastry Slice with Wholegrain Yellow Mixed Rice  	Vegetable Pasta Carbonara 	Quorn Burger with Chips
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 Pasta with Cheese or Tomato & Basil Sauce VG				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans  	Jacket Potato with Tuna Mayo or Cheese or Beans  	Jacket Potato with Tuna Mayo or Cheese or Beans  	Jacket Potato with Tuna Mayo or Cheese or Beans  	Jacket Potato with 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.