

Autumn/Winter Menu Week 3

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas 	Roast Chicken, Mashed Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Wholemeal Pizza: Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Battered Fish with Chips, Garden Peas & Baked Beans 
Main Meal Option 2		Macaroni Cheese with Carrots, Garden Peas & Salad 			Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans ^{VG} 
Halal Option	Chicken Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas 	Spicy Baked Chicken, Mashed Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Wholemeal Pizza: Margherita Pizza with Pasta Salad, Carrots & Sweetcorn  	
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / no ham on Friday				
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

Our desserts meet Public Health 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.

