Autumn / Winter Menu Week 1

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 and Bean Wholewheat Pasta Bake with Sweetcorn & Peas	BBQ Chicken, Mixed Wholegrain and White Rice with Carrots & Peas	Roast Chicken Stuffing, Roast Potatoes with choice of Vegetables and Gravy	Margherita Pizza with Home-Baked Potato Wedges, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2	Vegetable Sausage and Bean Wholewheat Pasta Bake with Sweetcorn & Peas VG	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Carrots & Peas	Quorn Grill, Stuffing, Roast Potatoes with choice of Vegetables and Gravy	Butternut Squash and Tomato Pasta Bake with Broccoli & Sweetcorn VG	Cheese Quiche with Chips, Peas & Baked Beans
Sandwiches or Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham or Pasta with Cheese or Tomato & Basil Sauce VG				
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, Cheese or Beans
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie	Fruit Jelly VG	Marble Sponge & Custard	Brownie

Available Daily: Choice of Seasonal Fruit

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.

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