Autumn / Winter Menu Week 3

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy	Minced Beef & Onion Shortcrust Pastry Pie with Potato Wedges, Carrots & Garden Peas	Roast Chicken, Roast Potatoes with choice of Vegetables & Yorkshire Pudding & Gravy	Mixed Vegetable Pizza with Potato Wedges, Carrots & Sweetcorn	Fish Fingers with Chips, Garden Peas & Baked Beans
Main Meal Option 2	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy VG	Macaroni Cheese with Carrots, Garden Peas or Salad	Quorn Grill, Roast Potatoes with choice of Vegetables & Yorkshire Pudding & Gravy	Vegetable Pasta Carbonara with Carrots & Sweetcorn	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans VG
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 or Cheese or Beans
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard	Fruit Jelly VG	Crunchy Biscuit VG	Iced Sponge Cake

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.