

Autumn / Winter Menu Week 1

10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Chicken Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Italian Quorn Meatballs served with Pasta 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Vegetable Sausage in a Bun with Home-baked Potato Wedges 	Vegetable Fingers & Chips with Ketchup 
Vegetables	Baked Beans or Sweetcorn 	Sweetcorn or Mixed Salad 	Country Vegetables 	Crunchy Vegetable Sticks 	Garden Peas or Baked Beans 
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	Vanilla Shortbread  & Chocolate Sauce	Chocolate & Pear Crumble  & Custard	Strawberry Jelly  & Veg	Oaty Date Cookie 	Vanilla Ice Cream

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yogurt

Portion(s) of Fruit or Veg 	Source of wholegrain 	Contains plant-based proteins 	50% Fruit 	Oily Fish 	Vegan 	VG
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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

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage & Mash with Gravy	Beef Pasta Bolognese & Garlic Bread	Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	MSC Battered Pollock & Chips
Main Meal Option 2	Veggie Sausage & Mash with Gravy 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Vegetable Sausage Hotdog served with Home-baked Wedges 	Crispy Vegetable Fingers & Chips 
Vegetables	Carrots & Sweetcorn or Baked Beans 	Sweetcorn or Salad 	Broccoli, Cauliflower & Carrots 	Crunchy Vegetable Sticks 	Garden Peas or Baked Beans 
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	Shortbread Pin Wheels & Fruit Slices 	Chocolate Fudge Cake	Apple Crumble 	Vanilla Ice Cream	Flapjack 

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yogurt

Portion(s) of Fruit or veg	Source of wholegrain	Contains plant-based proteins	50% Fruit	Oily Fish	Vegan	VG
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INSERT DATES

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Autumn / Winter Menu Week 3

3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy, Yorkshire Pudding & Mashed Potato/Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges 	Macaroni Cheese	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Boston BBQ Five Bean Stew with Sunny Rice	Crispy Vegetable Fingers & Chips 
Vegetables	Sweetcorn or Baked Beans 	Broccoli or Sweetcorn	Seasonal Greens & Carrots	Crunchy Vegetable Sticks	Garden Peas or Baked Beans
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	Chocolate Oaty Slice 	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices 	Iced Sponge Cake with Sprinkles

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yogurt

Portion(s) of Fruit or Veg	Source of wholegrain	Contains plant-based proteins	50% Fruit	Oily fish	Vegan	VG
						

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