

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	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage and Bean Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	Chicken Tikka Curry, Mixed Rice with Carrots & Peas	Roast Chicken, Stuffing, Roast Potatoes/Mashed Potato, Seasonal Greens, Broccoli, Carrots, Cauliflower 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 Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	Macaroni Cheese with Carrots, Garden Peas & Salad	Cheese, Potato & Onion Pastry Whirl, with Roast Potatoes, Seasonal Greens, Broccoli, Carrots & Cauliflower	Veggie Mince Cottage Pie with Broccoli & Sweetcorn vs	Cheesy Bean Pitta with Peas & Baked Beans
KS2 Junior Deli	½ Cheese & Tomato Panini Melt with Potato Wedges & Crisp Mixed Salad	BBQ Chicken Flatbread with Rice & Salad	Shawarma Spiced Chicken in a Bun with Slaw & Mixed Salad	Cheese & Ham Pizza Slice	
Hot & Tasty Pasta Pot	Pasta Twists served with Tomato & Basil Sauce				
Baked Jacket Potato	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans				
Dessert KS1	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit
Dessert KS2	Chocolatey Cornflake Crispy Cake vs	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices vs	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



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.

Autumn/Winter Menu Week 2

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

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	All Day Breakfast: Pork Sausage, Scrambled Egg, Herby Potatoes with Broccoli, Sweetcorn & Baked Beans	Spaghetti Bolognese with Garden Peas & Carrots/	Roast Gammon, Stuffing, Roast Potatoes/Mashed Potato, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Margherita Pizza with Home- baked Potato Wedges, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2	Macaroni Cheese with Broccoli, Sweetcorn and Baked Beans	Plant-based Spaghetti Bolognese with Garden Peas & Carrots vg	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Vegetable Lasagne with Broccoli & Sweetcorn	Mexican Bean Wrap with Chips, Baked Beans & Garden Peas
KS2 Junior Deli	½ Cheese & Tomato Panini with Herby Potatoes & Salad	Chinese-style Chicken Noodles	Cheese & Onion Loaded Potato Skins	Cheesy Pizza Pockets	
Hot & Tasty Pasta Pot	Pasta Twists served with Tomato & Basil Sauce				
Baked Jacket Potato	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans				
Dessert KS1	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit
Dessert KS2	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	Contains plant-based proteins	Source of wholegrain	50% fruit	Oily fish	Vegan	VG
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target for 'free sugar' intake for your child.

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Autumn/Winter Menu Week 3

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	Savoury Chicken Pie with Homemade Potato Wedges, Carrots & Garden Peas	Roast Chicken, Roast Potatoes/ Mashed Potatoes, Seasonal Vegetables, Yorkshire Pudding & Gravy	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn	Battered Fish with Chips, Garden Peas & Baked Beans
Main Meal Option 2	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy	Macaroni Cheese with Carrots, Garden Peas & Salad	Quorn Grill, Mashed Potatoes/Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	Vegetable Pasta Carbonara with Carrots & Sweetcorn	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans
KS2 Junior Deli	Cheese & Onion Loaded Potato Skins	Ham & Cheese Pizza Slice	Chicken Mayo & Sweetcorn Wrap	Cheese & Tomato Pizza Swirls	
Hot & Tasty Pasta Pot	Pasta Twists served with Tomato & Basil Sauce				
Baked Jacket Potato	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans				
Dessert KS1	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit
Dessert KS2	Chocolatey Cookie	Apple Sponge & Custard	Raspberry Jelly	Crunchy Biscuit	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

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