

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	All Day Breakfast: Chicken Sausage, Herby Potatoes with Broccoli, Sweetcorn & Baked Beans 	Spaghetti Bolognese with Garden Peas & Carrots/ Wholegrain Penne, Garden Peas & Carrots 	Roast Chicken, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Wholemeal Pizza: Margherita Pizza with Home-baked Potato Wedges/Half a Jacket Potato, Broccoli & Sweetcorn 	Veggie Fingers, Chips with Peas & Baked Beans 
Vegetarian Meal Option	Macaroni Cheese with Broccoli, Sweetcorn and Baked Beans 	Plant-based Spaghetti Bolognese/Plant-based Pasta Bolognese with Garden Peas & Carrots ^{VG} 	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Vegetable Lasagne with Broccoli & Sweetcorn 	Wholegrain Mexican Bean Wrap with Chips, Baked Beans & Garden Peas 
Rice & Pasta	Jollof Rice with 5 Beans  / 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	Shortbread Biscuit & Fresh Fruit Slices ^{VG} 	Chocolatey Orange Fudge Cake	Orange / 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



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.

