

Autumn/Winter Menu Week 3

2nd & 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	Chicken Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Savoury Chicken with Homemade Potato Wedges/Half a Jacket Potato, Carrots & Garden Peas 	Roast Chicken, Roast Potatoes Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Wholemeal Pizza: Mixed Vegetable Pizza with Pasta Salad, Carrots & Sweetcorn 	Chicken Goujons, Chips with Peas & Baked Beans 
Vegetarian Meal Option	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy VG 	Veggie Mince & Vegetable & Homemade Potato Wedges/Half a Jacket Potato, Carrots & Garden Peas VG 	Quorn Grill, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Vegetable Pasta Carbonara with Carrots & Sweetcorn 	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans VG 
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	Chocolatey Cookie VG	Apple Sponge & Custard 	Raspberry Jelly VG	Crunchy Biscuit with Fresh Fruit Slices VG 	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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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.

