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	Pork Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	Tender Chicken Pieces and Pasta in a Tomato and Herb Sauce with Garden Peas &Carrot	Roast Chicken, Stuffing, Roast Potatoes. Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	**Wholemeal Pizza**: Sausage & Sweetcorn Pizza Home-baked Potato Wedges Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	**Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges Broccoli & Sweetcorn	Cheese Quiche with Chips, Peas & Baked Beans
Sandwiches	Freshly Made Sandwich / Baguette / Wrap with Cheddar, Tuna Mayonnaise or Ham				
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 Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Jelly & Fresh Fruit Slices VG	Marble Sponge & Custard	Brownie

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh 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.