



Autumn/Winter Menu Week 1

w/c: 7th & 28th Sep 19th Oct 16th Nov 7th Dec 11th Jan 1st Feb 1st & 22nd March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Chicken Sausage, Wholewheat Pasta Bake with Garlic Bread 	Lamb Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Pizza: Margherita or Vegetable Sausage & Sweetcorn with Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	Vegetable Sausage Jambalaya Rice ^{VG} 	BBQ Vegetables with Mixed Wholegrain & White Rice 	Cheese, Potato & Onion Pastry Whirl with Roast Potatoes	Vegetable Cottage Pie ^{VG} 	Vegetable fingers with chips
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Pasta	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, Cheese, Salmon Mayo, or Beans 
Dessert	Chocolatey Cornflake Crispy Cake ^{VG}	Gingerbread Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices ^{VG} 	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	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

w/c: 14th Sep 5th Oct 2nd & 23rd Nov 14th Dec 18th Jan 8th Feb 8th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	All Day Breakfast: Chicken sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Chicken Gravy Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Vegetable Meatball Masala & Yellow Mixed Rice ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Biryani with Wholegrain Rice ^{VG} 	Cheese Quiche & Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Pasta	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	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
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Autumn/Winter Menu Week 3

w/c: 31st Aug 23rd Sep 12th Oct 9th & 30th Nov 4th & 25th Jan 22nd Feb 15th March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Chicken Sausages, Mash & Gravy	Minced Beef & Onion Shortcrust Pastry Pie with Half a Jacket Potato 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Pizza: Vegetable or Margherita with Pasta Salad 	Battered Fish or Fish Fingers & Chips
Main Meal Option 2	Quorn Sausage, Mash & Gravy VG	Macaroni Cheese	Vegetable & Lentil Keema Puff Pastry Slice with Wholegrain Yellow Mixed Rice 	Vegetable Pasta Carbonara 	Quorn Burger with Chips
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas, Baked Beans 
Pasta	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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