



# Autumn/Winter Menu Week 1

w/c: 7<sup>th</sup> & 28<sup>th</sup> Sep

19<sup>th</sup> Oct

16<sup>th</sup> Nov

7<sup>th</sup> Dec

11<sup>th</sup> Jan

1<sup>st</sup> Feb

1<sup>st</sup> & 22<sup>nd</sup> March

| WEEK ONE                     | FAVOURITES MONDAY                                                                                                                                   | WORLD TUESDAY                                                                                                                           | ROAST WEDNESDAY                                                                                                                       | PLANET PIZZA THURSDAY                                                                                                                                                          | FISH FRIDAY                                                                                                                                                                                                                                           |
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| <b>Main Meal Option 1</b>    | 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                                                                                                                                                                                                                                  |
| <b>Main Meal Option 2</b>    | Vegetable Sausage Jambalaya Rice <sup>VG</sup>                     | BBQ Vegetables with Mixed Wholegrain & White Rice    | Cheese, Potato & Onion Pastry Whirl with Roast Potatoes                                                                               | Vegetable Cottage Pie <sup>VG</sup>                                                         | Vegetable fingers with chips                                                                                                                                                                                                                          |
| <b>Vegetables</b>            | Broccoli & Sweetcorn                                               | Carrots & Garden Peas                                | Seasonal Greens & Country Mixed Vegetables         | Mixed Salad, Broccoli & Sweetcorn                                                           | Garden Peas, Baked Beans                                                                                                                                           |
| <b>Pasta</b>                 | Pasta with Cheese or Tomato & Basil Sauce <sup>VG</sup>                                                                                             |                                                                                                                                         |                                                                                                                                       |                                                                                                                                                                                |                                                                                                                                                                                                                                                       |
| <b>Baked Jacket Potatoes</b> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  |                                                                                                                                         |                                                                                                                                       |                                                                                                                                                                                | Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans   |
| <b>Dessert</b>               | Chocolatey Cornflake Crispy Cake <sup>VG</sup>                                                                                                      | Gingerbread Cookie & Fresh Fruit Slices            | Orange Jelly & Fresh Fruit Slices <sup>VG</sup>  | Marble Sponge & Custard                                                                                                                                                        | Brownie                                                                                                                                                                                                                                               |
| <b>Available Daily</b>       | Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt                                                                                     |                                                                                                                                         |                                                                                                                                       |                                                                                                                                                                                |                                                                                                                                                                                                                                                       |

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| 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: 14<sup>th</sup> Sep    5<sup>th</sup> Oct    2<sup>nd</sup> & 23<sup>rd</sup> Nov    14<sup>th</sup> Dec    18<sup>th</sup> Jan    8<sup>th</sup> Feb    8<sup>th</sup> March

| WEEK TWO                     | FAVOURITES MONDAY                                                                                                                                                             | WORLD TUESDAY                                                                                                                                        | ROAST WEDNESDAY                                                                                                                                 | PLANET PIZZA THURSDAY                                                                                                                           | FISH FRIDAY                                                                                                      |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Main Meal Option 1</b>    | All Day Breakfast:<br>Chicken sausage,<br>Scrambled Egg, Baked<br>Beans & Herby<br>Potatoes  | Beef Bolognese with<br>Spaghetti or<br>Wholegrain Penne            | Roast Chicken Gravy<br>Stuffing & Roast<br>Potatoes          | Wholemeal Margherita<br>Pizza & Home-baked Potato<br>Wedges  | Fish Fingers & Chips                                                                                             |
| <b>Main Meal Option 2</b>    | Macaroni Cheese                                                                                                                                                               | Vegetable Meatball<br>Masala & Yellow Mixed<br>Rice <sup>VG</sup>  | Quorn Grill, Gravy,<br>Stuffing & Roast<br>Potatoes          | Vegetable Biryani with<br>Wholegrain Rice <sup>VG</sup>      | Cheese Quiche & Chips                                                                                            |
| <b>Vegetables</b>            | Broccoli, Sweetcorn<br>or Baked Beans                                                        | Garden Peas &<br>Carrots                                           | Seasonal Greens &<br>Country Mixed<br>Vegetables             | Broccoli &<br>Sweetcorn                                      | Garden Peas<br>& Baked Beans  |
| <b>Pasta</b>                 | Pasta with Cheese or Tomato & Basil Sauce <sup>VG</sup>                                                                                                                       |                                                                                                                                                      |                                                                                                                                                 |                                                                                                                                                 |                                                                                                                  |
| <b>Baked Jacket Potatoes</b> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans                            |                                                                                                                                                      |                                                                                                                                                 |                                                                                                                                                 |                                                                                                                  |
| <b>Dessert</b>               | Shortbread Biscuit &<br>Fresh Fruit Slices <sup>VG</sup>                                   | Chocolatey Orange<br>Fudge Cake                                                                                                                      | Strawberry Jelly with<br>Fresh Fruit Slices <sup>VG</sup>  | Lemon Drizzle Cake &<br>Custard                                                                                                                 | Chocolatey Oaty Slice <sup>VG</sup>                                                                              |
| <b>Available Daily</b>       | Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt                                                                                                               |                                                                                                                                                      |                                                                                                                                                 |                                                                                                                                                 |                                                                                                                  |

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| Portion(s) of<br>fruit or veg  | Source of<br>wholegrain  | Contains<br>plant-based<br>proteins  | 50%<br>fruit  | Oily<br>fish  | Vegan <sup>VG</sup> |
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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 3

w/c: 31<sup>st</sup> Aug    21<sup>st</sup> Sep    12<sup>th</sup> Oct    9<sup>th</sup> & 30<sup>th</sup> Nov    4<sup>th</sup> & 25<sup>th</sup> Jan    22<sup>nd</sup> Feb    15<sup>th</sup> March

| WEEK THREE                   | FAVOURITES MONDAY                                                                                                                                                                                                                         | WORLD TUESDAY                                                                                                                                           | ROAST WEDNESDAY                                                                                                                                                                                                                                      | PLANET PIZZA THURSDAY                                                                                                                         | FISH FRIDAY                                                                                                  |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <b>Main Meal Option 1</b>    | 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                                                                        |
| <b>Main Meal Option 2</b>    | Quorn Sausage, Mash & Gravy <sup>VG</sup>                                                                                                                                                                                                 | Macaroni Cheese                                                                                                                                         | Vegetable & Lentil Keema Puff Pastry Slice with Wholegrain Yellow Mixed Rice   | Vegetable Pasta Carbonara                                  | Quorn Burger with Chips                                                                                      |
| <b>Vegetables</b>            | Sweetcorn, Baked Beans & Broccoli                                                                                                                        | Carrots & Garden Peas                                                 | Seasonal Greens & Country Mixed Vegetables                                                                                                                        | Carrots or Sweetcorn                                       | Garden Peas, Baked Beans  |
| <b>Pasta</b>                 | Pasta with Cheese or Tomato & Basil Sauce <sup>VG</sup>                                                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                                                                                                                                      |                                                                                                                                               |                                                                                                              |
| <b>Baked Jacket Potatoes</b> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans   |                                                                                                                                                         |                                                                                                                                                                                                                                                      |                                                                                                                                               |                                                                                                              |
| <b>Dessert</b>               | Chocolatey Cookie <sup>VG</sup>                                                                                                                                                                                                           | Apple Sponge & Custard                                              | Raspberry Jelly <sup>VG</sup>                                                                                                                                                                                                                        | Crunchy Biscuit with Fresh Fruit Slices <sup>VG</sup>    | Iced Sponge Cake                                                                                             |
| <b>Available Daily</b>       | Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt                                                                                                                                                                           |                                                                                                                                                         |                                                                                                                                                                                                                                                      |                                                                                                                                               |                                                                                                              |

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| Portion(s) of fruit or veg   | Source of wholegrain  | Contains plant-based proteins  | 50% fruit  | Oily fish  | Vegan <sup>VG</sup> |
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