

Autumn/Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Red Option	Vegetable Sausage Jambalaya Rice with Sweetcorn & Broccoli VG  	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas  	Roast Chicken, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Margherita Pizza with Home-baked Potato Wedges  	Fish Fingers, Chips with Peas & Baked Beans 
Green Option	Vegetable Sausage and Bean Pasta Bake, Garlic Bread with Sweetcorn & Broccoli  	Tomato, Basil and Vegetable Pasta Bake with Carrots & Peas  	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Veggie Mince Cottage Pie with Broccoli & Sweetcorn VG  	Cheese Quiche with Chips, Peas & Baked Beans 
Orange Option	Chicken Sausage and Bean Pasta Bake, Garlic Bread with Sweetcorn & Broccoli  	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas  	Roast Chicken, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Sausage & Sweetcorn Pizza Home-baked Potato Wedges Broccoli & Sweetcorn  	Tomato & Basil Pasta  
Baked Jacket Potatoes	Jacket Potato with Beans (Blue) Tuna Mayo (white) or Cheese (yellow)  	Jacket Potato with Beans (Blue) Tuna Mayo (white) or Cheese (yellow)  	Jacket Potato with Beans (Blue) Tuna Mayo (white) or Cheese (yellow)  	Jacket Potato with Beans (Blue) Tuna Mayo (white) or Cheese (yellow)  	Jacket Potato with Beans (Blue) Tuna Mayo (white) or Cheese (yellow)  
Dessert	Chocolatey Cornflake Crispy Cake VG  	Gingerbread Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices VG 	Marble Sponge & Custard	Brownie

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.

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
Red Option	Macaroni Cheese with Broccoli, Sweetcorn and Baked Beans 	Beef Bolognese with Penne, Garden Peas & Carrots 	Roast Gammon, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Wholemeal Pizza: Margherita Pizza with Home-baked Potato Wedges, Broccoli & Sweetcorn 	Fish Fingers, Chips with Peas & Baked Beans 
Green Option	All Day Breakfast: Vegan Quorn Sausage, Scrambled Egg, Herby Potatoes, with Broccoli, Sweetcorn & Baked Beans 	Vegetable Meatball Masala on Yellow Mixed Rice with Garden Peas & Carrots ^{VG} 	Sweet Potato and Lentil Roast, Gravy, Stuffing & Roast Potatoes with Seasonal Greens & Mixed Vegetables ^{VG} 	Vegetable Biryani with Wholegrain Rice, Broccoli & Sweetcorn ^{VG} 	Wholegrain Mexican Bean Wrap with Chips, Baked Beans & Garden Peas 
Orange Option	All Day Breakfast: Chicken Sausage, Scrambled Egg, Herby Potatoes with Broccoli, Sweetcorn & Baked Beans 	Beef Bolognese with 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, Broccoli & Sweetcorn 	Tomato & Basil Pasta 
Baked Jacket Potatoes	Jacket Potato with Beans (blue) Tuna Mayo (white) or Cheese (yellow) 	Jacket Potato with Beans (blue) Tuna Mayo (white) or Cheese (yellow) 	Jacket Potato with Beans (blue) Tuna Mayo (white) or Cheese (yellow) 	Jacket Potato with Beans (blue) Tuna Mayo (white) or Cheese (yellow) 	Jacket Potato with Beans (blue) Tuna Mayo (white) or Cheese (yellow) 
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}

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

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Red Option	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Minced Beef Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas 	Roast Chicken, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Battered Fish with Chips, Garden Peas & Baked Beans 
Green Option	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy VG 	Veggie Mince & Vegetable Shortcrust Pastry Pie & Homemade Potato Wedges, Carrots & Garden Peas VG 	Quorn Grill, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Vegetable Pasta Carbonara with Carrots & Sweetcorn VG 	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans VG 
Orange Option	Chicken Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Minced Beef Shortcrust Pastry Pie with Homemade Potato Wedges Carrots & Garden Peas 	Roast Chicken, Roast Potatoes Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Tomato & Basil Pasta
Baked Jacket Potatoes	Jacket Potato with Beans (Blue) Tuna Mayo (White) or Cheese (yellow) 	Jacket Potato with Beans (Blue) Tuna Mayo (White) or Cheese (yellow) 	Jacket Potato with Beans (Blue) Tuna Mayo (White) or Cheese (yellow) 	Jacket Potato with Beans (Blue) Tuna Mayo (White) or Cheese (yellow) 	Jacket Potato with Beans (Blue) Tuna Mayo (White) or Cheese (yellow) 
Dessert	Chocolatey Cookie VG 	Apple Sponge & Custard 	Raspberry Jelly VG 	Crunchy Biscuit with Fresh Fruit Slices VG 	Iced Sponge Cake

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



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