

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
Halal Meal Option	Minced Lamb & Onion Shortcrust with Homemade Potato Wedges, Carrots & Garden Peas 	Chicken Sausages, Mash, Broccoli, Sweetcorn & Gravy 	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 
Vegetarian Meal Option	Macaroni Cheese with Carrots, Garden Peas & Salad	Veggie Mince & Vegetable Homemade Potato Wedges, Carrots & Garden Peas ^{VG}  	Vegetable and Lentil Keema Puff Pastry Slice with Roast Potatoes, Mixed Vegetables, Seasonal Greens & Gravy  	Roasted Butternut and Lentil Loaf in a Tomato Sauce with Yellow Mixed Rice, Carrots & Sweetcorn ^{VG}   	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans ^{VG} 
Baked Jacket Potatoes, Sandwiches, Rice or Pasta	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise	Pasta with Cheese or Tomato Basil Sauce ^{VG}	Jollof Rice with 5 Beans 	Pasta with Cheese or Tomato Basil Sauce ^{VG}
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



Our desserts meet Public Health England's target for 'free sugar' intake for your child.

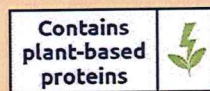
Recommended fruit and vegetable portion sizes are calculated using School Food Standards. On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

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
Halal Main Option	Chinese Style Chicken Stir-Fry Noodles	Spaghetti Lamb Bolognese with Garden Peas & Carrots/ with Wholegrain   	Roast Chicken, Stuffing, Roast Potatoes/Mashed Potato, 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 
Vegetarian Meal Option	Macaroni Cheese with Broccoli, Sweetcorn and 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 Lasagne with Broccoli & Sweetcorn  	Wholegrain Mexican Bean Wrap with Chips, Baked Beans & Garden Peas  
Baked Jacket Potatoes Sandwiches, Rice & Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Jollof Rice with 5 Beans 	Pasta with Cheese or Tomato Basil Sauce ^{VG}	Pasta with Cheese or Tomato Basil Sauce ^{VG}	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise
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}

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



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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
Halal Meal Option	Chicken Sausage and Bean Wholewheat 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 	Wholemeal Pizza: Margherita Pizza with Home-baked Potato Wedges/Half a Jacket Potato, Broccoli & Sweetcorn 	Fish Fingers, Chips with Peas & Baked Beans 
Vegetarian Meal Option	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli 	BBQ Vegetables, Mixed Wholegrain & White Rice with Carrots & Peas 	Cheese, Potato & Onion Pastry Whirl, with Roast Potatoes, Seasonal Greens, Broccoli, Carrots & Cauliflower 	Butternut Squash and Tomato Pasta Bake with Broccoli & Sweetcorn ^{VG} 	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans 
Baked Jacket Potatoes Sandwiches, Rice or Pasta	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Sandwich with Cheddar or Tuna Mayonnaise	Pasta with Cheese or Tomato Basil Sauce ^{VG}	Jollof Rice 	Pasta with Cheese or Tomato Basil Sauce ^{VG}
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

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