

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
Main Meal Option 1	Pork Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli 	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas 	Roast Chicken, Roast Potatoes, Yorkshire Pudding, 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 Option	Vegetable Sausage Jambalaya Rice with Sweetcorn & Broccoli VG 	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 
Halal 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, Roast Potatoes, Yorkshire Pudding, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Wholemeal Pizza: Margherita Pizza with Home-baked Potato Wedges/Half a Jacket Potato, Broccoli & Sweetcorn 	
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 	Selection of Fresh Fruit & Yoghurt 	Selection of Fresh Fruit & Yoghurt 	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.

