

Autumn / Winter Menu Week 1

10th Nov, 1st & 22nd Dec, 19th Jan, 9th Feb, 2nd & 23rd March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Option 2 (as an alternative to Option 2)	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Lentil Fritter Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheese & onion pastry roll	Vegetable Fingers & Chips with Ketchup
Vegetables	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection
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 or Beans
Dessert	Vanilla Shortbread & Chocolate Sauce	Chocolate & Pear Crumble & Custard	Strawberry Jelly	Oaty Date Cookie	Vanilla Ice Cream

Available Daily: Pick & Mix Selection, Salad, Mash, Bread



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

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage & Mash with Gravy	Beef Pasta Bolognese & Garlic Bread	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	MSC Battered Pollock & Chips
Vegetarian Option 2 (as an alternative to Option 2)	Veggie Sausage & Mash with Gravy ^{vg}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Chilli & Sunny Vegetable Rice ^{vg}	Cheese & onion pastry & Chips
Vegetables	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection
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 Pin Wheels & Fruit Slices ^{vg}	Chocolate Fudge Cake	Apple Crumble ^{vg} & Custard	Flapjack ^{vg}	Chocolate Mousse

Available Daily: Pick & Mix Selection; Salad; Fresh Bread; Fruit

INSERT DATES



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3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

Autumn / Winter Menu Week 3

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy, Stuffing & /Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Vegetarian Option 2 (as an alternative to Option 2)	Vegetable Burger with Home-baked Potato Wedges 	Spinach & Sweet Potato Curry 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Sweet & Sour Vegetables & Sunny Rice 	Crispy Vegetable Fingers & Chips 
Vegetables	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection	Seasonal vegetable selection
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	Chocolate Oaty Slice 	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices 	Iced Sponge Cake with Sprinkles

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Smoothies

England's target for 'free sugar' intake for your child
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 On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.

