

Autumn Winter Menu Week 1

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Wholemeal Pepperoni Pizza	All Day Breakfast 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Wholemeal Tomato & Cheese Pizza	Italian Quorn Meatballs served with Pasta ^{VG} 	Quorn Pie 	Macaroni Cheese 	Cheese Flan 
Vegetables	Baked Beans & Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 
Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} 	Strawberry Jelly ^{VG}	Oaty Date Cookie 	Vanilla Ice Cream

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

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 	Vegan 
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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 Week 2

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Wholemeal Pepperoni Pizza	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes	 Pork Sausage & Mash with Gravy	MSC Battered Pollock & Chips
Main Meal Option 2	 Wholemeal Tomato & Cheese Pizza	Veggie Sausage & Baked Bean Hot Pot ^{VG} 	Stuffed Yorkshire Pudding with Roasted Winter Vegetable Casserole & Roast Potatoes ^{VG} 	Veggie Sausage & Mash with Gravy	Roast Mediterranean Vegetable, Tomato & Mozzarella Tart
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, 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, Fresh Fruit & Yoghurt

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



Vegan

VG

England's target for 'free sugar' intake for your child

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Autumn Winter Week 3

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Wholemeal Pepperoni Pizza	Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato/Roast Potatoes	Beef Burger with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Wholemeal Tomato & Cheese Pizza 	Vegetable Sausage Hotdog served with Home-baked Wedges 	Beany Shepherd's Pie 	Veggie Burger with Home-baked Potato Wedges 	Cheese & Onion Roll
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 	Jacket Potato with Tuna, Cheese or Beans 
Dessert	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices ^{VG} 	Iced Sponge Cake with Sprinkles

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

Portion(s) of fruit or veg 	Source of wholegrain 	Contains plant-based proteins 	50% fruit 	Oily fish 	Vegan 
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