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
Main Meal Option 1	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges Carrots & Garden Peas	Roast Chicken, Mashed Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	**Wholemeal Pizza:** Mixed Vegetable Pizza with Pasta Salad, Carrots & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2 (Vegetarian)	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy VG	Macaroni Cheese with Garden Peas & Salad	Veggie Mince & Vegetable Shortcrust Pastry Pie & Mash Potato Carrots & Garden Peas VG	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn	Quorn Burger with Chips, Garden Peas & Baked Beans
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Tomato & Basil Sauce VG				
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	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

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.