Autumn/Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

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	BBQ Chicken, Mixed Wholegrain and White Rice with Carrots & Peas	Roast Chicken, Stuffing, Roast Potatoes, Broccoli, Carrots, and Gravy	**Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2 (Vegetarian)	Vegetable Sausage Jambalaya Rice with Sweetcorn & Broccoli VG	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Carrots & Peas	Cheese, Potato & Onion Pastry Whirl, with Roast Potatoes, Seasonal Greens, Broccoli, Carrots & Cauliflower	Macaroni Cheese with, Sweetcorn	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham served with a selection of Salad from the Salad Bar				
Baked Jacket Potatoes or Pasta Dish	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Pasta in a Cheese Sauce served with Carrots and Peas	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Tomato and Basil Pasta served with Sweetcorn	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices VG	Marble Sponge & Custard	Brownie

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.