# Autumn/Winter Menu Week 2

26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

| WEEK TWO | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
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| **Main Meal Option 1** | **All Day Breakfast:** Pork Sausage, Scrambled Egg, Herby Potatoes with Baked Beans | Beef Bolognese with Wholegrain Penne, Garden Peas & Carrots | Roast Chicken, Stuffing, Roast Potatoes, Carrots, Cauliflower and Gravy | **Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges, & Sweetcorn | Fish Fingers, Chips with Peas & Baked Beans |
| **Main Meal Option 2 (Vegetarian)** | **All Day Breakfast:** Vegan Quorn Sausage, Scrambled Egg, Herby Potatoes, with Baked Beans | Plant-based Spaghetti Bolognese/Plant-based Pasta Bolognese with Garden Peas & Carrots VG | Quorn Grill, Stuffing, Roast Potatoes, Carrots, Cauliflower and Gravy | Cheesy Egg Muffin, Jacket Wedges with Sweetcorn | Wholegrain Mexican Bean Wrap with Chips, Baked Beans & Garden Peas |
| **Sandwiches** | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Served with a selection of Salads from the Salad Bar | | | | |
| **Baked Jacket Potatoes and Pasta Dishes** | Tomato and Basil Pasta served with Peas | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Pasta in a Cheese Sauce served with Carrots and Cauliflower or Jacket Potatoes with Fillings | Tomato and Basil Pasta served with Peas | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans |
| **Dessert** | Shortbread Biscuit & Fresh Fruit Slices VG | Chocolatey Orange Fudge Cake | Orange / Strawberry Jelly with Fresh Fruit Slices VG | Lemon Drizzle Cake & Custard | Chocolatey Oaty Slice VG |

**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.