



Autumn/Winter Menu Week 1

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

WEEK ONE	MEAT FREE MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option 1	Margherita Pizza with Home-baked Potato Wedges, Broccoli & Sweetcorn 	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas 	Roast Gammon, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Pork Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli 	Fish Fingers, Chips with Peas & Baked Beans 
Main Meal Option 2	Veggie Mince Cottage Pie with Broccoli & Sweetcorn ^{VG} 	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Carrots & Peas 	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli 	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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	Chocolatey Cornflake Crispy Cake ^{VG}	Gingerbread Cookie	Orange Jelly	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
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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 Menu Week 2

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

WEEK TWO	MEAT FREE MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option 1	Margherita Pizza with Home-baked Potato Wedges, Broccoli & Sweetcorn 	Beef Bolognese with Wholegrain Penne, Garden Peas & Carrots 	Roast Chicken, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	All Day Breakfast: Pork Sausage, Scrambled Egg, Herby Potatoes with Broccoli, Sweetcorn & Baked Beans 	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2	Vegetable Lasagne with Broccoli & Sweetcorn 	Plant-based Pasta Bolognese with Garden Peas & Carrots ^{VG} 	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy 	All Day Breakfast: Vegan Quorn Sausage, Scrambled Egg, Herby Potatoes, with Broccoli, Sweetcorn & Baked Beans 	Wholegrain Mexican Bean Wrap with Chips, Baked Beans & Garden Peas
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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 Biscuit	Chocolatey Orange Fudge Cake	Strawberry Jelly	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
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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.



Autumn/Winter Menu Week 3

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

WEEK THREE	MEAT FREE MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option 1	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn 	Savoury Chicken Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas 	Roast Chicken, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy 	Battered Fish with Chips, Garden Peas & Baked Beans 
Main Meal Option 2	Vegetable Pasta Carbonara with Carrots & Sweetcorn 	Veggie Mince & Vegetable Shortcrust Pastry Pie & Homemade Potato Wedges, Carrots & Garden Peas ^{VG} 	Quorn Grill, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy 	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy ^{VG} 	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans ^{VG} 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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	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 
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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.