



Autumn/Winter Menu Week 1

10th Nov. 1st & 22nd Dec. 19th Jan. 9th Feb. 2nd & 23rd March

WEEK ONE	MEAT FREE MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option 1	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken & Gravy, Stuffing & Roast Potatoes	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Main Meal Option 2	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG}	Lentil Fritter Taco with Corn Tortilla, Tomato Sauce & Sunny Rice ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Vegetable Fingers & Chips with Ketchup ^{VG}
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 & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham OR Pasta with Cheese or Tomato & Basil Sauce				
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	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble ^{VG} & Custard	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	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

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

WEEK TWO	MEAT FREE MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option 1	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	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	Macaroni Cheese	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Veggie Sausage & Mash with Gravy ^{VG} 	Cheese Flan & Chips
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 & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham OR Pasta with Cheese or Tomato & Basil Sauce				
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 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
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England's target for 'free sugar' intake for your child
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Autumn/Winter Menu Week 3

3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March

WEEK THREE	MEAT FREE MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option 1	Margherita Pizza with Home-baked Potato Wedges 	Mild Chicken Curry served with Mixed Rice 	Roast Chicken & Gravy, Stuffing & Roast Potatoes 	Beef Burger with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Sweet & Sour Vegetables & Sunny Rice ^{VG} 	Spinach & Sweet Potato Curry ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Burger with Home-baked Potato Wedges ^{VG} 	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham OR Pasta with Cheese or Tomato & Basil Sauce				
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	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard 	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	VG
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