

















# Autumn / Winter Menu Week 1

10<sup>th</sup> Nov, 1<sup>st</sup> & 22<sup>nd</sup> Dec, 19<sup>th</sup> Jan, 9<sup>th</sup> Feb, 2<sup>nd</sup> & 23<sup>rd</sup> March

The Food Universe

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Halal Main Option</b>	Halal Chicken Sausage & Home-baked Potato Wedges	BBQ Chicken & Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
<b>Main Meal Option</b>	Macaroni Cheese	Vegetable Biryani 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage in a Bun with Home-baked Potato Wedges <sup>VG</sup> 	Vegetable Fingers & Chips with Ketchup <sup>VG</sup> 
<b>Vegetables</b>	Baked Beans, Sweetcorn 	Mixed Salad, Carrots 	Steamed Broccoli, Seasonal Greens 	Sweetcorn, Garden Peas 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise				
<b>Baked Jacket Potatoes</b>	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, Salmon Mayo, or Beans 
<b>Dessert</b>	Chocolate & Pear Crumble <sup>VG</sup> & Custard 	Vanilla Shortbread <sup>VG</sup> & Chocolate Sauce	Strawberry Jelly <sup>VG</sup>	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 	VE
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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

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

The Food Universe

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Halal Main Option</b>	Halal Chicken Sausage & Mash with Gravy	Halal Red Tractor Lamb Pasta Bolognese & Garlic Bread 	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	MSC Battered Pollock & Chips
<b>Main Meal Option</b>	Veggie Sausage & Mash with Gravy <sup>VG</sup>	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Cheesy Naan Bread Pizza with Masala Chickpeas & Peppers & Crispy Home-baked Wedges <sup>VG</sup>	Loaded Potato Skins with Cheese & Spring Onion
<b>Vegetables</b>	Sweetcorn, Baked Beans 	Cauliflower, Carrots 	Steamed Broccoli, Seasonal Greens 	Sweetcorn, Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise				
<b>Baked Jacket Potatoes</b>	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 
<b>Dessert</b>	Apple Crumble <sup>VG</sup> & Custard 	Shortbread Pin Wheels & Fruit Slices <sup>VG</sup> 	Chocolate Fudge Cake	Apple & Cinnamon Rolls 	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	VE
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INSERT DATES

England's target for 'free sugar' intake for your child  
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# Autumn / Winter Menu Week 3

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

The Food Universe

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Halal Main Option</b>	Beef Burger with Home-baked Potato Wedges	Halal Mild Chicken Curry with Mixed Rice	Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
<b>Main Meal Option</b>	Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup>	Vegetable Sausage Hotdog served with Home-baked Wedges	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Boston BBQ Five Bean Stew with Sunny Rice	Cheese & Onion Roll with Chips & Ketchup
<b>Vegetables</b>	Sweetcorn, Baked Beans	Cauliflower, Carrots	Steamed Broccoli, Seasonal Greens	Sweetcorn, Broccoli	British Red Tractor Garden Peas, Baked Beans
<b>Sandwiches</b>	Freshly Made Sandwich with Cheddar or Tuna Mayonnaise				
<b>Baked Jacket Potatoes</b>	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
<b>Dessert</b>	Syrup Sponge Pudding & Custard	Chocolate Oaty Slice <sup>VG</sup>	Flapjack & Fruit Slices <sup>VG</sup>	Vanilla Cookie & Fruit Slices <sup>VG</sup>	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	VE
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