



Autumn/Winter Menu Week 1

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

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Vegetarian Meal Option	Macaroni Cheese	Tomato, Lentil & Basil Pasta 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Burger in a Bun with Home-baked Potato Wedges ^{VG} 	Jacket Potato & Mild Vegetable Chilli ^{VG} 
Vegetables	Baked Beans & Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	Broccoli Carrots & Cauliflower, Sweetcorn 	Sweetcorn & 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, Salmon Mayo, 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
---	---	--	--	--	--	----

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

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

WEEK TWO	PIZZA PARTY MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVORITES THURSDAY	FISH FRIDAY
Main Meal Option	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes	Chicken & Sweetcorn Pie With Mashed Potato	MSC Battered Pollock & Chips
Vegetarian Meal Option	Vegetable Mince Chilli & Rice 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Roast Mediterranean Vegetable, Tomato & Mozzarella Tart
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli, Cauliflower & Carrots 	Sweetcorn, 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	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
---	---	--	--	--	----------

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 3

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Pasta Salad 	MSC Fish Fingers & Chips
Vegetarian Meal Option	Vegetable Burger with Home-baked Potato Wedges ^{VG}	Cauliflower, Sweet Potato & Lentil Curry with Rice VG	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Boston BBQ Bean Stew with Sunny Rice	Cheese Flan & Chips
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	Sweetcorn, 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 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
---	---	--	--	--	----------

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.