Autumn/Winter Menu Week 1

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

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	BBQ Chicken, Mixed Wholegrain and White Rice with Carrots & Peas	Roast Chicken, Stuffing, Roast Potatoes, Seasonal Greens, Cauliflower and Gravy	**Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges & Sweetcorn	Fish Fingers, Chips with Baked Beans
Main Meal Option 2	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Carrots & Peas	Cheese, Potato & Onion Pastry Whirl, with Roast Potatoes, Seasonal Greens & Cauliflower	Veggie Mince Cottage Pie with Sweetcorn VG	Cheesy Bean Wholemeal Pitta Baked Beans
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	Fruit or Yogurt	Gingerbread Cookie & Fresh Fruit Slices	Fruit or Yogurt	Marble Sponge & Custard	Brownie

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.