



Autumn/Winter Menu Week 1

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

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork sausage, wholewheat pasta & bean bake with Garlic bread 	Chicken Tikka Curry with wholegrain and white rice 	Roast Chicken, Stuffing, Gravy & Roast Potatoes 	Margherita Pizza with home-baked Potato Wedges 	Fish Fingers and Chips 
Main Meal Option 2	Vegetable sausage, wholewheat pasta & bean bake with Garlic bread 	BBQ Vegetables with Mixed Wholegrain & White Rice 	Cheese, potato & onion Pastry Whirl with Roast Potatoes 	Tikka Vegetable Wraps & Potato Wedges 	Cheesy Bean Wholemeal Pitta & Chips 
Vegetables	Broccoli & sweetcorn	Carrots and Garden Peas	Seasonal Greens and Country Mix Veg	Mixed Salad	Baked Beans or peas
Pasta	Pasta with cheese or Tomato & Basil Sauce 				
Baked Jacket Potatoes	Cheese, Beans, or Tuna Mayo 	Cheese, Beans, or Tuna Mayo 	Cheese, Beans, or Tuna Mayo 	Cheese, Beans, or Tuna Mayo 	Cheese, Beans, or Tuna Mayo 
Dessert	Brownie	Gingerbread Cookie & Fresh Fruit Slices 	Jelly and Fruit Slice 	Marble sponge and Custard	Crispy Cornflake Cake

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

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

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage, Baked Beans & Herby Potatoes  	Beef Bolognese with Spaghetti   	Chicken, Stuffing, Gravy & Roast Potatoes 	Wholemeal Margherita pizza & Home-baked potato wedges  	Fish Fingers & Chips 
Main Meal Option 2	Macaroni Cheese 	Plant-based Pasta Bolognese with Spaghetti   	Quorn Grill, Stuffing, Gravy & Roast Potatoes 	Vegetable Biryani with Wholegrain Rice   	Cheese Quiche & Chips 
Vegetables	Sweetcorn or Baked Beans	Garden Peas and Carrots	Seasonal Greens and Country Mix Veg	Broccoli & Sweetcorn	Peas or Baked Beans
Pasta	Pasta with Cheese or Tomato & Basil Sauce 				
Baked Jacket Potatoes	Cheese, Beans or Tuna Mayo  	Cheese, Beans or Tuna Mayo  	Cheese, Beans or Tuna Mayo  	Cheese, Beans or Tuna Mayo  	Cheese, Beans or Tuna Mayo  
Dessert	Shortbread Biscuit & Fresh Fruit slices 	Chocolate Orange Fudge Cake	Jelly with fresh fruit slice 	Lemon Drizzle Cake & Custard	Chocolate Oaty Slice

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

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages Diced potatoes & Gravy 	Chicken Pie with Half a Jacket Potato 	Roast Gammon, Yorkshire Pudding & Roast potatoes 	Wholemeal Margherita Pizza with Pasta Salad 	Fish Fingers and chips 
Main Meal Option 2	Quorn Sausage, Diced Potatoes & Gravy 	Macaroni Cheese 	Quorn Grill, Yorkshire Pudding and Roast Potatoes 	Vegetable Wholemeal Pizza with Pasta Salad 	Vegetable Quesadilla & Chips 
Vegetables	Sweetcorn & Broccoli	Carrots and Peas	Seasonal Greens and Country Mix Veg	Mixed Salad	Garden Peas or Baked Beans
Pasta	Pasta with Cheese or Tomato & Basil Sauce 				
Baked Jacket Potatoes	Cheese, Beans or Tuna Mayo 	Cheese, Beans or Tuna Mayo 	Cheese, Beans or Tuna Mayo 	Cheese, Beans or Tuna Mayo 	Cheese, Beans or Tuna Mayo 
Dessert	Chocolate cookie	Apple sponge and Custard 	Raspberry Jelly	Crunchy Biscuit with Fruit slice 	Iced Sponge Cake

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.