



Autumn/Winter Menu Week 1

7th & 28th Sep, 19th Oct, 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	Wholemeal Pizza: Margherita Home-baked Potato Wedges 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Roast Potatoes and Yorkshire Pudding	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread  	Fish Fingers & Chips
Vegetarian Option 2	Vegetable Cottage Pie ^{VG} 	Tomato, Basil & Vegetable Wholewheat Pasta Bake   	Quorn Grill, Gravy, Roast Potatoes & Yorkshire Pudding	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread  	Cheesy Bean Wholemeal Pitta  
Vegetables	Selection of Vegetables 	Selection of Vegetables 	Selection of Vegetables 	Selection of Vegetables 	Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Cheese or Tomato & Basil Sauce ^{VG}				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans  	Jacket Potato with Tuna Mayo or Cheese or Beans  	Jacket Potato with Tuna Mayo or Cheese or Beans  	Jacket Potato with Tuna Mayo or Cheese or Beans  	Jacket Potato with Tuna Mayo, Cheese or Beans   
Dessert	Chocolatey Cornflake Crispy Cake ^{VG}	Gingerbread Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices ^{VG} 	Marble Sponge & Custard	Brownie

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

14th Sep, 5th & 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	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Gammon, Gravy, Yorkshire pudding & Roast Potatoes	All Day Breakfast: Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes	Fish Fingers & Chips
Vegetarian	Macaroni Cheese	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti ^{VG} 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	All Day Breakfast: Quorn Sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Cheese Quiche & Chips
Vegetables	Selection of Vegetables 	Selection of Vegetables 	Selection of Vegetables 	Selection of Vegetables	Garden Peas & Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Cheese or Tomato & Basil Sauce ^{VG}				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 
Dessert	Shortbread Biscuit & Fresh Fruit Slices ^{VG} 	Chocolatey Orange Fudge Cake	Orange / Strawberry Jelly with Fresh Fruit Slices ^{VG} 	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice ^{VG}

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

31st Aug, 21st Sep, 12th Oct, 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	Whole meal Margherita Pizza 	Minced Beef & Onion Shortcrust Pastry Pie with Homemade Potato Wedges 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Pork Sausages, Mash & Gravy	Battered Fish or Fish Fingers & Chips
Vegetarian Option	Vegetable Pasta Carbonara 	Veggie Mince & Vegetable Shortcrust Pastry Pie & Homemade Potato Wedges 	Quorn Grill, Gravy, Yorkshire Pudding Roast Potatoes	Quorn Sausage, Mash & Gravy VG	Crispy Vegetable Fingers & Chips VG
'Street' or 'World' Food		Cream Cheese, Carrot, Red Pepper & Cucumber Pinwheel Wrap 	Chicken Jollof Rice 	Roasted Vegetable Bruschetta	
Vegetables	Selection of Vegetable 	Selection of Vegetable 	Selection of Vegetable 	Selection of Vegetable 	Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or / Pasta with Cheese or Tomato & Basil Sauce VG				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard 	Raspberry Jelly VG	Crunchy Biscuit with Fresh Fruit Slices VG 	Iced Sponge Cake

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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