



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Margherita Pizza Home-baked Potato Wedges / Half a Jacket Potato 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken Gravy, Stuffing & Mashed Potato or Roast Potatoes	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread 	Fish Fingers & Chips
Main Meal Option 2	Vegetable Cottage Pie ^{VG} 	Tomato, Basil & Vegetable Wholewheat Pasta Bake 	Cheese, Potato & Onion Pastry Whirl with Roast Potatoes	Vegetable Sausage Jambalaya Rice ^{VG} 	Cheesy Bean Wholemeal Pitta 
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Tomato & Basil Sauce ^{VG}				
Baked Jacket Potatoes	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, 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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Margherita Pizza & Home-baked Potato Wedges / Half a Jacket Potato	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Chicken Gravy Stuffing & Roast Potatoes	 All Day Breakfast: Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Fish Fingers & Chips
Main Meal Option 2	Vegetable Biryani with Wholegrain Rice ^{VG} 	Cheesy Egg Muffin, Baked Beans & Jacket Wedges 	Sweet Potato and Lentil Roast, Gravy, Stuffing & Roast Potatoes ^{VG} 	Macaroni Cheese	Cheese Quiche & Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / Pasta with Tomato & Basil Sauce ^{VG}				
Baked Jacket Potatoes	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 
Dessert	Shortbread Biscuit & Fresh Fruit Slices ^{VG} 	Chocolatey Orange Fudge Cake	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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On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1	Wholemeal Pizza: Vegetable or Margherita with Pasta Salad 	Savoury Chicken Shortcrust Pastry Pie with Homemade Potato Wedges or Half a Jacket Potato 	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Pork Sausages, Mash & Gravy	Battered Fish or Fish Fingers & Chips
Main Meal Option 2	Cream Cheese, Carrot, Red Pepper & Cucumber Pinwheel Wrap 	Macaroni Cheese	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Quorn Sausage, Mash & Gravy VG	Crispy Vegetable Fingers & Chips VG
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham  Pasta with Tomato & Basil Sauce VG				
Baked Jacket Potatoes	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Beans, 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



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On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.