



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	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread 	BBQ Chicken with Mixed Wholegrain & White Rice 	Roast Chicken Gravy, Stuffing & Mashed Potato or Roast Potatoes	Whole-meal Pizza: Pepperoni with Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread 	BBQ Vegetables with Mixed Wholegrain & White Rice 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Whole-meal Pizza: Margherita o with Home-baked Potato Wedges 	Cheesy Bean Whole-meal 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 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, Salmon Mayo, 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



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	All Day Breakfast: Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Gammon, Gravy Stuffing & Roast Potatoes	Whole-meal Peperoni Pizza & Home-baked Potato Wedges 	Chicken Goujons & Chips
Main Meal Option 2	Macaroni Cheese	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Whole-meal Margherita Pizza & Home-baked Potato Wedges 	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 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	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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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 1	Pork Sausages, Mash & Gravy	Minced Beef & Onion Short-crust Pastry & Homemade Wedges 	Roast Chicken Gravy, Yorkshire Pudding & Mashed Potato	Whole-meal Pizza: Peperoni with Pasta Salad 	Battered Fish or Fish Fingers & Chips
Main Meal Option 2	Quorn Sausage, Mash & Gravy VG	Veggie Mince & Vegetable Short-crust Pie with Homemade Potato Wedges	Quorn Grill, Gravy, Yorkshire Pudding & Mashed Potato	Whole-meal Pizza: Vegetable or Margherita with Pasta Salad	Quorn Burger & 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 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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