



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 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Pizza: Margherita Home-baked Potato Wedges 	Chicken Nuggets & Chips
Main Meal Option 2	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread 	Tomato, Basil & Vegetable Wholewheat Pasta Bake 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Butternut Squash & Tomato Pasta Bake ^{VG} 	Cheesy Bean Wholemeal Pitta 
Halal Option	Chicken Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Pizza: Margherita Home-baked Potato Wedges 	Chicken Nuggets & Chips
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Pasta	Pasta with Cheese or Tomato & Basil Sauce				
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

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

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 Chicken, Gravy Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	All Day Breakfast: Quorn Sausage ^{VG} , Scrambled Egg, Baked Beans & Herby Potatoes 	Vegetable Meatball Masala & Yellow Mixed Rice ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Lasagne 	Wholegrain Mexican Bean Wrap with Chips 
Halal Option	All Day Breakfast: Chicken Sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Chicken Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Pasta	Pasta with Cheese or Tomato & Basil Sauce ^{VG}				
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 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 1	Pork Sausages, Mash & Gravy	Minced Beef & Onion Shortcrust Pastry Pie 	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Pizza: Margherita with Pasta Salad 	Chicken Nuggets & Chips
Main Meal Option 2	Quorn Sausage, Mash & Gravy ^{VG}	Veggie Mince & Vegetable Shortcrust Pastry Pie & Homemade Potato Wedges ^{VG} 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Pasta Carbonara 	Quorn Burger with Chips
Halal Option	Chicken Sausages, Mash & Gravy	Minced Beef Shortcrust Pastry Pie 	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Pizza: Margherita with Pasta Salad 	Chicken Nuggets & Chips
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Pasta	Pasta with Cheese or Tomato & Basil Sauce ^{VG}				
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 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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