



















Autumn/Winter Menu Week 1

10th Nov, 1st Dec, 22nd Dec, 19th Jan, 9th Feb, 2nd March, 23rd March

| WEEK ONE | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|-------------------------------|--|--|--|---|---|
| Main Meal Option | Red Tractor Pork Sausage Roll & Home-baked Potato Wedges | Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice  | Roast Gammon with Gravy, Stuffing & Roast Potatoes | Wholemeal Tomato & Cheese Pizza & Pasta  | MSC Fish Fingers & Chips |
| Vegetarian Meal Option | Macaroni Cheese | Italian Quorn Meatballs served with Pasta ^{VG}  | Quorn Grill with Gravy, Stuffing & Roast Potatoes  | Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG}  | Vegetable Fingers & Chips with Ketchup ^{VG} |
| Halal Option | Halal Chicken Sausage Roll & Home-baked Potato Wedges | Halal Lamb Taco with Corn Tortilla, Tomato Sauce & Sunny Rice  | Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes | | |
| Vegetables | Baked Beans & Sweetcorn  | Mixed Salad or Broccoli  | Seasonal Greens & Carrots  | British Red Tractor Garden Peas, Sweetcorn  | British Red Tractor Garden Peas, Baked Beans  |
| Sandwiches | Cheese | Tuna Mayo | Ham | Tuna | Cheese |
| 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, Beans or Salmon Mayo  |
| Dessert | Vanilla Shortbread ^{VG} & Chocolate Sauce | Chocolate & Pear Crumble ^{VG} & Custard  | Strawberry Jelly ^{VG} | Oaty Date Cookie  | Vanilla Ice Cream |

























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

27th Oct, 17th Nov, 8th Dec, 5th Jan, 26th Jan, 16th Feb, 9th March

| WEEK TWO | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|-------------------------------|--|--|--|--|--|
| Main Meal Option | Pork Sausage & Mash with Gravy | Red Tractor Beef Pasta Bolognese & Garlic Bread  | Roast Chicken with Gravy, Yorkshire Pudding & Roast Potatoes | Wholemeal Margherita Pizza & Rice Salad  | MSC Battered Pollock & Chips |
| Vegetarian Meal Option | Veggie Sausage & Mash with Gravy ^{VG}  | Veggie Sausage & Baked Bean Hot Pot ^{VG}  | Quorn Grill with Gravy, Yorkshire Pudding & Roast Potatoes  | Macaroni Cheese | Cheese Flan & Chips |
| Halal Option | Halal Chicken Sausage & Mash with Gravy | Halal Red Tractor Lamb Pasta Bolognese & Garlic Bread  | Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes | Wholemeal Margherita Pizza & Rice Salad  | |
| Vegetables | Broccoli, Sweetcorn or Baked Beans  | Broccoli, Cauliflower & Carrots  | Seasonal Greens & Carrots  | British Red Tractor Garden Peas, or Sliced Carrots  | British Red Tractor Garden Peas, Baked Beans  |
| Sandwiches | Cheese | Tuna Mayo | Ham | Tuna | Cheese |
| 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 Pin Wheels & Fruit Slices ^{VG}  | Chocolate Fudge Cake | Apple Sponge ^{VG} & Custard  | Flapjack ^{VG} | Chocolate Mousse |


















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 3

3rd Nov, 24th Nov, 15th Dec, 12th Jan, 2nd Feb, 23rd Feb, 16th March

| WEEK THREE | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|-------------------------------|--|--|---|--|--|
| Main Meal Option | Beef Burger with Home-baked Potato Wedges | Mild Chicken Curry served with Mixed Rice | Roast Chicken with Gravy, Stuffing & Roast Potatoes | Margherita Pizza with Pasta | MSC Fish Fingers & Chips |
| Vegetarian Meal Option | Vegetable Burger with Home-baked Potato Wedges  | Vegetable Sausage Hotdog served with Home-baked Wedges  | Quorn Grill with Gravy, Stuffing & Roast Potatoes  | Boston BBQ Five Bean Stew with Sunny Rice  | Cheese & Onion Roll with Chips & Ketchup |
| Halal Option | Halal Lamb Burger with Home-baked Potato Wedges | Halal Mild Chicken Curry served with Mixed Rice | Halal Roast Chicken with Gravy Stuffing & Roast Potatoes | | |
| Vegetables | Sweetcorn, Baked Beans  | Broccoli, Cauliflower & Carrots  | Seasonal Greens & Carrots  | Broccoli or Sweetcorn  | British Red Tractor Garden Peas, Baked Beans  |
| Sandwiches | Cheese | Tuna Mayo | Ham | Tuna | Cheese |
| 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 | Chocolate Oaty Slice  | Syrup Sponge Pudding & Custard | Apple & Cinnamon Rolls  | Vanilla Cookie & Fruit Slices  | Iced Sponge Cake Topped with a Glace Cherry |

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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