



# Autumn/Winter Menu Week 1

10<sup>th</sup> Nov. 1<sup>st</sup> & 22<sup>nd</sup> Dec. 19<sup>th</sup> Jan. 9<sup>th</sup> Feb. 2<sup>nd</sup> & 23<sup>rd</sup> March

| WEEK ONE                            | FAVOURITES MONDAY                                                                                                                                  | WORLD TUESDAY                                                                                                                                         | ROAST WEDNESDAY                                                                                                                                      | PIZZA PARTY THURSDAY                                                                                                                                          | FISH FRIDAY                                                                                                                                                      |
|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Meal</b>                    | Halal Chicken Sausage Roll & Home-baked Potato Wedges                                                                                              | Halal Chicken Taco with Corn Tortilla, Tomato Sauce & Sunny Rice<br> | Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes                                                                                                | Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges<br>             | MSC Fish Fingers & Chips                                                                                                                                         |
| <b>Vegetarian</b>                   | Macaroni Cheese                                                                                                                                    | Italian Quorn Meatballs served with Pasta <sup>VG</sup><br>          | Creamy Bean & Vegetable Crumble with Roast Potatoes<br>           | Vegetable Sausage in a Bun with Home-baked Potato Wedges <sup>VG</sup><br> | Jacket Potato & Mild Vegetable Chilli <sup>VG</sup>                                                                                                              |
| <b>Vegetables</b>                   | Baked Beans & Sweetcorn<br>                                       | Mixed Salad or Broccoli<br>                                          | Seasonal Greens & Carrots<br>                                     | British Red Tractor Garden Peas, Sweetcorn<br>                             | British Red Tractor Garden Peas, Baked Beans<br>                              |
| <b>Sandwiches, Rice &amp; Pasta</b> | Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Cheese or Tomato & Basil Sauce                                                    |                                                                                                                                                       |                                                                                                                                                      |                                                                                                                                                               |                                                                                                                                                                  |
| <b>Baked Jacket Potatoes</b>        | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>    | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br> | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans<br>          | Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans<br> |
| <b>Dessert</b>                      | Vanilla Shortbread <sup>VG</sup> & Chocolate Sauce                                                                                                 | Chocolate & Pear Crumble <sup>VG</sup> & Custard<br>                | Strawberry Jelly <sup>VG</sup>                                                                                                                       | Oaty Date Cookie<br>                                                      | Vanilla Ice Cream                                                                                                                                                |

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

|                                                                                                                   |                                                                                                             |                                                                                                                      |                                                                                                  |                                                                                                  |                                                                                                |    |
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| Portion(s) of fruit or veg<br> | Source of wholegrain<br> | Contains plant-based proteins<br> | 50% fruit<br> | Oily fish<br> | Vegan<br> | 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.