



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 Includes Halal	Chicken Sausages, Mash & Gravy	Minced Beef & Onion Shortcrust Pastry Pie 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Pizza: Vegetable or Margherita with Pasta Salad 	Fish Fingers & Chips
Main Meal Option	Flatbread Topped with Masala Chickpeas & Peppers with Wholegrain Rice 	Macaroni Cheese	Vegetable & Lentil Keema Puff Pastry Slice with Roast Potatoes & Gravy or Wholegrain Yellow Mixed Rice 	Roasted Butternut and Lentil Loaf with Tomato Sauce & Yellow Mixed Rice ^{VG} 	Quorn Burger with Chips
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Garden Peas 	Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Cheese or Tuna Sandwich	Pasta with Cheese or Tomato & Basil Sauce ^{VG}	Cheese or Tuna Sandwich	Pasta with Cheese or Tomato & Basil Sauce ^{VG}	Cheese or Tuna Sandwich
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	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Iced Sponge Cake

Available Daily: 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.