



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 Includes Halal	Chicken Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread 	Lamb Lasagne with Garlic Bread 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Pizza: Margherita or Vegetable Sausage & Sweetcorn with Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	Vegetable Sausage Jambalaya Rice ^{VG} 	Tomato, Basil & Vegetable Wholewheat Pasta Bake 	Cheese, Potato & Onion Pastry Whirl with Roast Potatoes	Vegetable Cottage Pie ^{VG} 	Cheesy Bean Wholemeal Pitta
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans
Sandwiches or Pasta Option	Cheese or Tuna Sandwich	Pasta with Cheese or Tomato & Basil Sauce	Cheese or Tuna Sandwich	Pasta with Cheese or Tomato & Basil Sauce	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, Cheese, Salmon Mayo, or Beans
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Marble Sponge & Custard

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

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.