



# Autumn/Winter Menu Week 1

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

| WEEK ONE                      | FAVOURITES MONDAY                                                                                                                                   | WORLD TUESDAY                                                                                                                                       | ROAST WEDNESDAY                                                                                                                                       | PIZZA PARTY THURSDAY                                                                                                                                  | FISH FRIDAY                                                                                                                                                       |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Meal Option</b>       | Pork Sausage Roll & Home-baked Potato Wedges                                                                                                        | Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice<br>        | Roast Chicken with Gravy, Stuffing & Roast Potatoes                                                                                                   | Wholemeal Tomato & Cheese Pizza & Tomato Pasta<br>                 | Fish Fingers & Chips                                                                                                                                              |
| <b>Vegetarian Meal Option</b> | Cheese & Onion Pastry Roll & Home-baked Potato Wedges                                                                                               | Italian Quorn Meatballs served with Sunny Rice <sup>VG</sup><br>   | Quorn Grill, Gravy, Stuffing & Roast Potatoes<br>                  | Macaroni Cheese                                                                                                                                       | Vegetable Fingers & Chips with Ketchup <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</b>             | Cheese                                                                                                                                              | Cheese                                                                                                                                              | Cheese                                                                                                                                                | Cheese                                                                                                                                                | Cheese                                                                                                                                                            |
| <b>Sandwiches</b>             | Tuna                                                                                                                                                | Tuna                                                                                                                                                | Tuna                                                                                                                                                  | Tuna                                                                                                                                                  | Tuna                                                                                                                                                              |
| <b>Sandwiches</b>             | Ham                                                                                                                                                 | Ham                                                                                                                                                 | Ham                                                                                                                                                   | Ham                                                                                                                                                   | Ham                                                                                                                                                               |
| <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 Cookie<br>                                                  | 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

27<sup>th</sup> Oct, 17<sup>th</sup> Nov, 8<sup>th</sup> Dec, 5<sup>th</sup> Jan, 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> March

| WEEK TWO                      | FAVOURITES MONDAY                                                                                                                                   | WORLD TUESDAY                                                                                                                                       | ROAST WEDNESDAY                                                                                                                                       | PIZZA PARTY THURSDAY                                                                                                                                  | FISH FRIDAY                                                                                                                                           |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main Meal Option</b>       | Pork Sausage & Mash with Gravy                                                                                                                      | Beef Pasta Bolognese & Garlic Bread<br>                            | Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes                                                                                           | Wholemeal Margherita Pizza & Sunny Rice<br>                        | Fish Fingers & Chips                                                                                                                                  |
| <b>Vegetarian Meal Option</b> | Veggie Sausage & Mash with Gravy <sup>VG</sup><br>                 | Plant-based Pasta Bolognese & Garlic Bread<br>                     | Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes<br>         | Macaroni Cheese                                                                                                                                       | Cheese Flan & Chips                                                                                                                                   |
| <b>Vegetables</b>             | Broccoli, Sweetcorn or Baked Beans<br>                             | Broccoli, Cauliflower & Carrots<br>                                | Seasonal Greens & Carrots<br>                                      | British Red Tractor Garden Peas, or Sliced Carrots<br>             | British Red Tractor Garden Peas, Baked Beans<br>                   |
| <b>Sandwiches</b>             | Cheese                                                                                                                                              | Cheese                                                                                                                                              | Cheese                                                                                                                                                | Cheese                                                                                                                                                | Cheese                                                                                                                                                |
| <b>Sandwiches</b>             | Tuna                                                                                                                                                | Tuna                                                                                                                                                | Tuna                                                                                                                                                  | Tuna                                                                                                                                                  | Tuna                                                                                                                                                  |
| <b>Sandwiches</b>             | Ham                                                                                                                                                 | Ham                                                                                                                                                 | Ham                                                                                                                                                   | Ham                                                                                                                                                   | Ham                                                                                                                                                   |
| <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 or Cheese or Beans<br> |
| <b>Dessert</b>                | Shortbread Pin Wheels & Fruit Slices <sup>VG</sup><br>           | Chocolate Fudge Cake                                                                                                                                | Apple Crumble <sup>VG</sup> & Custard<br>                        | Flapjack <sup>VG</sup>                                                                                                                                | Chocolate Mousse                                                                                                                                      |

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 |
|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----|

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                                                   |
|-------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| <b>Main Meal Option</b>       | BBQ Chicken & Rice                                            | Mild Chicken Curry served with Mixed Rice                     | Roast Chicken with Gravy, Stuffing & Mashed Potato            | Margherita Pizza with Home-baked Potato Wedges                | Beef Burger with Chips                                        |
| <b>Vegetarian Meal Option</b> | Sweet & Sour Vegetables & Sunny Rice <sup>VG</sup>            | Spinach & Sweet Potato Curry <sup>VG</sup>                    | Quorn Grill, Gravy, Stuffing & Roast Potatoes                 | Vegetable Pasta Carbonara                                     | Cheese Flan                                                   |
| <b>Vegetables</b>             | Sweetcorn, Baked Beans                                        | Broccoli, Cauliflower & Carrots                               | Seasonal Greens & Carrots                                     | Broccoli or Sweetcorn                                         | British Red Tractor Garden Peas, Baked Beans                  |
| <b>Sandwiches</b>             | Cheese                                                        | Cheese                                                        | Cheese                                                        | Cheese                                                        | Cheese                                                        |
| <b>Sandwiches</b>             | Tuna                                                          | Tuna                                                          | Tuna                                                          | Tuna                                                          | Tuna                                                          |
| <b>Sandwiches</b>             | Ham                                                           | Ham                                                           | Ham                                                           | Ham                                                           | Ham                                                           |
| <b>Baked Jacket Potatoes</b>  | 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 |
| <b>Dessert</b>                | Chocolate Oaty Slice <sup>VG</sup>                            | Syrup Sponge Pudding & Custard                                | Apple & Cinnamon Rolls                                        | Vanilla Cookie & Fruit Slices <sup>VG</sup>                   | 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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