



Autumn/Winter Menu Week 2

14th Sep, 5th & 26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	BBQ Chicken & Pasta 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Gammon, Gravy Stuffing & Mash	Wholemeal Margherita Pizza 	Fish Fingers & Mash
Main Meal Option	Macaroni Cheese	Vegetable Meatball Masala & Yellow Mixed Rice ^{VG}  	Sweet Potato and Lentil Roast, Gravy, Stuffing & Mash ^{VG}  	Vegetable Biryani with Wholegrain Rice ^{VG}  	Wholegrain Mexican Bean Wrap with Mash  
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Baked Jacket Potatoes or Pasta Option	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Pasta with Cheese or Tomato & Basil Sauce ^{VG}  		Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans  	Pasta with Cheese or Tomato & Basil Sauce ^{VG}  
Dessert	Shortbread Biscuit & Fresh Fruit Slices ^{VG} 	Orange Fudge Cake	Orange or Strawberry Jelly with Fresh Fruit Slices ^{VG} 	Lemon Drizzle Cake & Custard	Oaty Slice ^{VG}

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.