



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Beef Lasagne with Garlic Bread 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken Gravy, Stuffing & Roast Potatoes	Wholemeal Margherita Pizza 	Fish Fingers & Chips
Main Meal Option	Vegetable Sausage Jambalaya Rice ^{VG} 	Tomato, Basil & Vegetable Wholewheat Pasta Bake 	Cheese, Potato & Onion Pastry Whirl with Roast Potatoes	Vegetable Lasagne 	Cheesy Bean Wholemeal Quesadillas 
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Baked Jacket Potatoes & Pasta Option	Pasta with Cheese or Tomato & Basil Sauce ^{VG} 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 		Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, or Beans 	Pasta with Cheese or Tomato & Basil Sauce ^{VG} 
Dessert	Cornflake Crispy Cake ^{VG}	Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices ^{VG} 	Marble Sponge & Custard	Brownie

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.