



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Pork Sausages, Mash & Gravy	Spanish Chicken & Rice 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Vegetable Pasta Carbonara 	Battered Fish & New Potatoes
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} 	Crispy Vegetable Fingers & New Potatoes ^{VG}
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Peas 	Seasonal Greens & Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas or Baked Beans
Baked Jacket Potatoes & 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	Cookie ^{VG}	Apple Sponge & Custard 	Raspberry Jelly ^{VG}	Crunchy Biscuit with Fresh Fruit Slices ^{VG} 	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.