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
Halal Main Meal Option	Chicken Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Chicken Tikka Curry with Mixed Wholegrain & White Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	**Wholemeal Pizza**: Margherita with Home-baked Potato Wedges	Fish Fingers & Chips
Vegetarian Meal Option	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Tomato Basil & Vegetable Wholewheat Pasta Bake	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage & Sweetcorn Pizza with Home-baked Potato Wedge	Crispy Vegetable Fingers & Chips VG
Vegetables	Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Mixed Salad, Broccoli & Sweetcorn	Garden Peas, Baked Beans
Baked Jacket Potatoes	Freshly made Sandwich with Cheddar or Tuna Mayonnaise	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
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Strawberry Jelly & Fresh Fruit Slices VG	Marble Sponge & Custard	Brownie

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.