



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
Main Meal Option 1	Chicken Sausage, Wholewheat Pasta Bake with Garlic Bread 	Lamb Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Pizza: Margherita or Vegetable Sausage & Sweetcorn with Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	Vegetable Sausage Jambalaya Rice 	BBQ Vegetables with Mixed Wholegrain & White Rice 	Cheese, Potato & Onion Pastry Whirl with Roast Potatoes	Vegetable Cottage Pie 	Vegetable fingers with chips
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Cheese or Tomato & Basil Sauce 				
Baked Jacket Potatoes	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, Cheese, Salmon Mayo, or Beans 
Dessert	Chocolatey Cornflake Crispy Cake 	Gingerbread Cookie & Fresh Fruit Slices 	Orange Jelly & Fresh Fruit Slices 	Marble Sponge & Custard	Brownie

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

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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.



Autumn/Winter Menu Week 2

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

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	All Day Breakfast: Chicken sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Chicken Gravy Stuffing & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Vegetable Meatball Masala & Yellow Mixed Rice 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Biryani with Wholegrain Rice 	Cheese Quiche & Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Cheese or Tomato & Basil Sauce 				
Baked Jacket Potatoes	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 
Dessert	Shortbread Biscuit & Fresh Fruit Slices 	Chocolatey Orange Fudge Cake	Strawberry Jelly with Fresh Fruit Slices 	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice 

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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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.



31st Aug, 21st Sep, 12th Oct, 2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

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	