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Autumn/Winter Menu Week 1

10th Nov. 1st & 22nd Dec. 19th Jan. 9th Feb. 2nd & 23rd March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges 	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Sausage in a Bun with Home-baked Potato Wedges ^{VG} 	Vegetable Fingers & Chips with Ketchup ^{VG}
Vegetables	Baked Beans & Sweetcorn 	Mixed Salad or Broccoli 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches/ Rolls/ Wraps	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Freshly Made Roll with Cheddar, Tuna Mayonnaise or Ham	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham	Freshly Made Roll with Cheddar, Tuna Mayonnaise or Ham	Freshly Made Wrap with Cheddar, Tuna Mayonnaise or Ham
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	Vanilla Shortbread ^{VG}	Orange Jelly ^{VG}	Chocolate & Pear Crumble ^{VG} & Custard 	Oaty Date Cookie 	Vanilla Ice Cream

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.