Autumn/Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

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

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Chicken Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas	Roast Chicken Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Sausage & Sweetcorn Pizza Home-baked Potato Wedges/Half a Jacket Potato, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Vegetarian Meal Option	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	Tomato, Basil and Vegetable Wholewheat Pasta Bake with Carrots & Peas	Cheese, Potato & Onion Pastry Whirl, with Roast Potatoes, Seasonal Greens, Broccoli, Carrots & Cauliflower	Butternut Squash and Tomato Pasta Bake with Broccoli & Sweetcorn VG	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans
Pasta	Pasta with Cheese or Tomato & Basil Sauce VG				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans or Cheese or Beans	Jacket Potato with Cheesy Beans or Cheese or Beans	Jacket Potato with Cheesy Beans or Cheese or Beans	Jacket Potato with Cheesy Beans or Cheese or Beans	Jacket Potato with Cheesy Beans or Cheese or Beans
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices VG	Marble Sponge & Custard	Brownie

Portion(s) of fruit or veg	Source of wholegrain	Contains plant-based proteins	50% fruit	Oily fish	Vegan / VG

Our desserts meet Public Health 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.