Autumn/Winter Menu Week 3

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Chicken Sausages, Mash, Broccoli, Sweetcorn & Gravy	Savoury Chicken with Homemade Potato Wedges/Half a Jacket Potato, Carrots & Garden Peas	Roast Chicken, Roast Potatoes Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	**Wholemeal Pizza:** Mixed Vegetable Pizza with Pasta Salad, Carrots & Sweetcorn	Battered Fish, Chips, Garden Peas & Baked Beans
Vegetarian Meal Option	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy VG	Macaroni Cheese with Carrots, Garden Peas & Salad	Quorn Grill, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	Vegetable Pasta Carbonara with Carrots & Sweetcorn	Crispy Vegetable Fingers with Chips, Garden Peas & Baked Beans VG
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 Cookie VG	Apple Sponge & Custard	Raspberry Jelly VG	Crunchy Biscuit with Fresh Fruit Slices VG	Iced Sponge Cake

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.