

Autumn/Winter Menu Week 3

3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 23rd Feb, 16th March



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken/Gammon, Gravy, Stuffing & Mashed Potato/Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Vegetarian Option 1	Roasted Butternut, Pepper & Tomato Dhal with Mixed Rice & Flatbread ^{VG} 	Vegetable Sausage Hotdog served with Home-baked Wedges 	Vegetable Lasagne & Garlic Bread 	Boston BBQ Five Bean Stew with Sunny Rice 	Cheese Flan  or Cheese & Onion Roll with Chips & Ketchup
Vegetarian Option 2 (as an alternative to Option 1)	Vegetable Burger with Home-baked Potato Wedges ^{VG} 	Spinach & Sweet Potato Curry ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Sweet & Sour Vegetables & Sunny Rice ^{VG} 	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches, & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham / 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	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices ^{VG} 	Iced Sponge Cake with Sprinkles

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 
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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.