



WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Macaroni Cheese	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Roast Chicken with Gravy, Stuffing & Roast Potatoes	BBQ Chicken & Rice	MSC Fish Fingers & Chips
Vegetarian Meal Option	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Vegetable Biryani <sup>VG</sup> 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Cheese Flan 	Vegetable Fingers & Chips with Ketchup <sup>VG</sup>
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	Freshly Made Sandwich with <b>Cheddar, Tuna Mayonnaise or Ham</b>				
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 <sup>VG</sup> & Chocolate Sauce	Chocolate & Pear Crumble <sup>VG</sup> & Custard 	Strawberry Jelly <sup>VG</sup>	Oaty Date Cookie 	Vanilla Ice Cream

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



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

27<sup>th</sup> Oct, 17<sup>th</sup> Nov, 8<sup>th</sup> Dec, 5<sup>th</sup> Jan, 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> March



WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option	Cauliflower, Sweet Potato & Chickpea Curry with Rice <small>VG</small> 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes 	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	MSC Battered Pollock & Chips
Vegetarian Meal Option	Veggie Sausage & Mash with Gravy <small>VG</small> 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Vegetable Chilli & Sunny Vegetable Rice <small>VG</small> 	Roast Mediterranean Vegetable, Tomato & Mozzarella Tart
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich 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 or Cheese or Beans 
Dessert	Shortbread Pin Wheels & Fruit Slices <small>VG</small> 	Chocolate Fudge Cake	Apple Crumble <small>VG</small> & Custard 	Flapjack <small>VG</small>	Fresh Fruit & Yoghurt

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



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## Autumn/Winter Menu Week 3

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Main Meal Option	Vegetable Burger with Home-baked Potato Wedges <sup>VG</sup> 	Mild Chicken Curry served with Mixed Rice 	Roast Chicken with Gravy, Stuffing & Mashed Potato	Macaroni Cheese	MSC Fish Fingers & Chips
Vegetarian Meal Option	Roasted Butternut, Pepper & Tomato Dhal with Mixed Rice & Flatbread <sup>VG</sup> 	Spinach & Sweet Potato Curry <sup>VG</sup> 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Boston BBQ Five Bean Stew with Sunny Rice 	Crispy Vegetable Fingers & Chips <sup>VG</sup>
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with <b>Cheddar, Tuna Mayonnaise or Ham</b>				
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 <sup>VG</sup>	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices <sup>VG</sup> 	Iced Sponge Cake Topped with a Glace Cherry

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



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