Autumn / Winter Menu Week 3

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages with Mash, Broccoli, Sweetcorn & Gravy	Savoury Chicken Shortcrust Pastry Pie with Home Baked Potato Wedges, Carrots & Garden Peas	Roast Gammon, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn	Battered Fish with Chips, Garden Peas & Baked Beans
Vegetarian Option 2	Quorn Sausage with Mash, Broccoli, Sweetcorn & Gravy VG	Cheese Filled Oatcake with Home Baked Potato Wedges and Baked Beans	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
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	Chocolatey Cookie VG	Apple Sponge & Custard	Raspberry Jelly VG	Crunchy Biscuit with Fresh Fruit Slices VG	Iced Sponge Cake

Available Daily: Salad, Fresh Bread, Fresh Fruit

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

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.