



EAT SMART

Autumn/Winter Menu Week 1

10th Nov. 1st & 22nd Dec. 19th Jan. 9th Feb. 2nd & 23rd March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Red Tractor Pork Sausage Roll & Home-baked Potato Wedges	BBQ Chicken & Rice	Roast Chicken Gravy, Stuffing & Mashed Potato or Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Italian Quorn Meatballs served with Pasta 	Creamy Bean & Vegetable Crumble with Roast Potatoes 	Cheese flan with home baked Potato Wedges 	Vegetable Fingers & Chips with Ketchup 
Halal Option	Halal Chicken Sausage Roll & Home-baked Potato Wedges	Halal BBQ Chicken & Rice	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	Vegetable Fingers & Chips with Ketchup 
Vegetables	Baked Beans & Sweetcorn 	Sliced Carrots and Broccoli 	Sweet corn 	British Red Tractor Garden Peas, or baked beans 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise				
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, or Beans 
Dessert	Vanilla Shortbread  & Chocolate Sauce Or fresh fruit or yoghurt	Chocolate & Pear Crumble  & Custard Or fresh fruit or yoghurt	Strawberry Jelly  Or Fresh Fruit Or Yoghurt	Cookie Or fresh fruit Or Yoghurt	Vanilla Ice Cream Or fresh fruit Or 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.

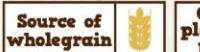


EAT SMART

Autumn/Winter Menu Week 2

27th Oct, 17th Nov, 8th Dec, 5th & 26th Jan, 16th Feb, 9th March

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage & Mash with Gravy	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Mash Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	MSC Battered Pollock & Chips
Main Meal Option 2	Veggie Sausage & Mash with Gravy ^{VG} 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Msc Battered Pollock with Chips
Halal Option	Halal Chicken Sausage & Mash with Gravy	Halal Red Tractor Beef Pasta Bolognese & Garlic Bread 	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Cheese Flan and Chips
Vegetables	Broccoli, Sweetcorn 	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				
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 ^{VG} Or Fresh Fruit Or yoghurt	Chocolate Fudge Cake or Fresh fruit or yoghurt	Apple Crumble ^{VG} & Custard Or Fresh fruit Or yoghurt	Flapjack ^{VG} Or fresh fruit Or yoghurt	Chocolate Mousse Or fresh fruit Or yoghurt



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**E A T S M A R T**

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 1	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice 	Roast Chicken Gravy, Stuffing & Mashed Potato	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges 	Vegetable Pasta Carbonara 	Quorn Grill, Gravy, Stuffing & Mashed Potatoes 	Sweet & Sour Vegetables & Sunny Rice 	Crispy Vegetable Fingers & Chips 
Halal Option	Halal Beef Burger with Home-baked Potato Wedges	Halal Mild Chicken Curry served with Mixed Rice 	Halal Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges 	Crispy Vegetable Fingers & Chips 
Vegetables	Sweetcorn, Baked Beans 	Sliced Carrots 	Seasonal Greens & Carrots 	Baked beans or sweetcorn 	British Red Tractor Garden Peas, Baked Beans 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise				
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  Or Fresh fruit Or Yoghurt	Syrup Sponge Pudding & Custard Or Fresh Fruit Or Yoghurt	Apple & Cinnamon Rolls Or Fresh fruit Or Yoghurt	Vanilla Cookie & Fruit Slices  Or Fresh Fruit Or Yoghurt	Iced Sponge Cake with Sprinkles Or Fresh Fruit Or Yoghurt



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