


















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 ^{VG}  | Creamy Bean & Vegetable Crumble with Roast Potatoes  | Cheese flan with home baked Potato Wedges  | Vegetable Fingers & Chips with Ketchup ^{VG} |
| 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 ^{VG} |
| 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 ^{VG} & Chocolate Sauce Or fresh fruit or yoghurt | Chocolate & Pear Crumble ^{VG} & Custard Or fresh fruit or yoghurt | Strawberry Jelly ^{VG} Or Fresh Fruit Or Yoghurt | Cookie Or fresh fruit Or Yoghurt | Vanilla Ice Cream Or fresh fruit Or yoghurt |

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



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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|----------------------------|--|----------------------|--|-------------------------------|--|-----------|--|-----------|--|-------|----|
| 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
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On average our desserts do not exceed a third of a child's recommended 'free sugar' intake.



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 ^{VG}  | Vegetable Pasta Carbonara  | Quorn Grill, Gravy, Stuffing & Mashed Potatoes  | Sweet & Sour Vegetables & Sunny Rice ^{VG}  | Crispy Vegetable Fingers & Chips ^{VG} |
| 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 ^{VG} |
| 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 ^{VG} 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 ^{VG} Or Fresh Fruit Or Yoghurt | Iced Sponge Cake with Sprinkles Or Fresh Fruit Or Yoghurt |

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

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