

Autumn / Winter Menu Week 1

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

The Food Universe

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Blue Option	Halal Chicken Sausage & Home-baked Potato Wedges	Chicken Taco with Corn Tortilla, Tomato Sauce & Sunny Rice 	Halal Roast Chicken, Gravy, Stuffing & Roast Potatoes	BBQ Chicken & Rice	MSC Fish Fingers & Chips
Green Option	Vegetable Sausage with Home-baked Potato Wedges VG 	Macaroni Cheese	Italian Quorn Meatballs served with Roast Potatoes VG 	Wholemeal Tomato & Cheese Pizza & Home-baked Potato Wedges 	Vegetable Fingers & Chips with Ketchup VG
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 & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Tomato & Basil Sauce				
Yellow Option	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	Chocolate & Pear Crumble VG & Custard 	Vanilla Shortbread VG & Chocolate Sauce	Strawberry Jelly VG	Oaty Date Cookie 	Vanilla Ice Cream

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	VE
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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

The Food Universe

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Blue Option	Halal Chicken Sausage & Mash with Gravy	Halal Red Tractor Lamb Pasta Bolognese & Garlic Bread 	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	MSC Battered Pollock & Chips
Green Option	Veggie Sausage & Mash with Gravy ^{VG} 	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Macaroni Cheese	Cheese & Onion Roll with Chips & Ketchup
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 & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise / Pasta with Cheese or Tomato & Basil Sauce				
Yellow Option	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	Apple Crumble ^{VG} & Custard 	Shortbread Pin Wheels & Fruit Slices ^{VG} 	Chocolate Fudge Cake	Apple & Cinnamon Rolls 	Chocolate Mousse

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

VE

England's target for 'free sugar' intake for your child

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Autumn / Winter Menu Week 3

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

The Food Universe

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Blue Option	BBQ Chicken & Rice	Halal Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Green Option	Vegetable Lasagne & Garlic Bread	Roasted Butternut, Pepper & Tomato Dhal with Mixed Rice & Flatbread ^{VG}	Vegetable Sausage Hotdog served with Home-baked Wedges	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				
Yellow Option	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	Syrup Sponge Pudding & Custard	Chocolate Oaty Slice ^{VG}	Flapjack ^{VG}	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	VE
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