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

EAT SMART

Autumn/Winter Menu Week 1

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Chicken Tikka Curry with Mixed Wholegrain & White Rice	Savoury Mince with Dumpling & Mash Potatoes	Margherita Pizza with Home-baked Potato Wedges	Fish Fingers & Chips
Vegetarian Option	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Tomato, Basil & Vegetable Wholewheat Pasta Bake	Quorn Grill, Gravy, & Mash Potatoes	Hummus & Grated Carrot Wholemeal Baguette with Potato Wedges VG	Cheese Quiche & Chips with Ketchup
Sandwiches	Ham or Cheese Sandwich	Tuna or Cheese Bap	Ham or Cheese Sandwich	Tuna or Cheese Wrap	Ham or Cheese Bap
Grab & Go (Year 5/6 only)		Main or Veg		Main or Veg	
Vegetables	Broccoli & Sweetcorn	Carrots & Cauliflower	Seasonal Greens & Country Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo or Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Brownie	Vanilla Sponge & Custard	Orange Jelly & Fresh Fruit Slices VG

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.