Autumn/Winter Menu Week 2

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal	**All Day Breakfast:** Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes	Beef Bolognese with Spaghetti and Garlic Bread	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Wholemeal Margherita Pizza & Home-baked Potato Wedges	Fish Fingers & Chips
Vegetarian Option	Macaroni Cheese	Cheesy Egg Muffin, Baked Beans & Jacket Wedges	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Sweet Chilli Quorn Sausage & Vegetables with Noodles VG	Wholegrain Mexican Bean Wrap with Chips
Sandwiches	Ham or Cheese Sandwich	Tuna or Cheese Wrap	Ham or Cheese Bap	Tuna or Cheese Wrap	Ham or Cheese Bap
Grab & Go (Year 5/6 only)		Main or Veg		Main or Veg	
Vegetables	Broccoli, Sweetcorn	Garden Peas & Cauliflower	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 or Cheese or Beans
Dessert	Shortbread Biscuit & Fresh Fruit Slices VG	Chocolatey Orange Fudge Cake	Flapjack	Lemon Drizzle Cake & Custard	Rice Pudding

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 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.