Autumn/Winter Menu Week 3

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal	Pork Sausages, Mash & Gravy	Minced Beef & Onion Short crust Pastry Pie with Potato	Roast Chicken Gravy, Yorkshire Pudding & Roast Potatoes	**Wholemeal Pizza** Margherita with Pasta Salad	Battered Fish & Chips
Vegetarian Option	Quorn Sausage, Mash & Gravy	Macaroni Cheese	Roasted Butternut and Lentil Loaf with Tomato Sauce & Yellow Mixed Rice VG	Vegetable Pasta Carbonara	Quorn Burger with Chips
Sandwiches	Ham or Cheese Sandwich	Tuna or Cheese Wrap	Ham or Cheese Bap	Tuna or Cheese Wrap	Ham or Cheese Sandwich
Grab & Go (Year 5/6 only)		Main or Veg		Main or Veg	
Vegetables	Cauliflower & Broccoli	Carrots & Garden Peas	Country Mixed Vegetables	Carrots or 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	Chocolatey Cookie VG	Ginger Sponge & Custard	Iced Sponge Cake	Crunchy Biscuit with Fresh Fruit Slices VG	Raspberry Jelly VG

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.