Autumn / Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas	Roast Chicken, Stuffing, Roast Potatoes/Mashed Potato, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	**Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2	Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread with Sweetcorn & Broccoli	BBQ Vegetables, Mixed Wholegrain & White Rice with Carrots & Peas	Quorn Grill, Stuffing, Roast Potatoes, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Veggie Mince Cottage Pie with Broccoli & Sweetcorn VG	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans
KS2 Junior Deli	½ Cheese & Tomato Pizza Panini with Potato Wedges & Crisp Mixed Salad	BBQ Chicken Flatbread with Rice & Salad	Shawarma Spiced Chicken in a Bun with Slaw & Mixed Salad	Cheese & Ham Pizza Slice	
Hot & Tasty Pasta Pot	Pasta Twists served with Cheesy Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans				
Dessert KS2	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie	Orange Jelly	Marble Sponge & Custard	Brownie

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.