# 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 |
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| **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 |
| **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** | Yoghurt & Fruit | Yoghurt & Fruit | Yoghurt & Fruit | Yoghurt & Fruit | Yoghurt & Fruit |

**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.