Autumn / Winter Menu Week 3

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy	Savoury Chicken Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas	Roast Chicken, Roast Potatoes/ Mashed Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	**Wholemeal Pizza:** Margherita Pizza with Pasta Salad, Carrots & Sweetcorn	Battered Fish with Chips, Garden Peas & Baked Beans
Main Meal Option 2	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy VG	Macaroni Cheese with Carrots, Garden Peas & Salad	Quorn Grill, Mashed Potatoes/Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	Vegetable Pasta Carbonara with Carrots & Sweetcorn	Quorn Burger with Chips, Garden 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.