Autumn / Winter Menu Week 1

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

WEEK ONE	FAVOURITES MONDAY	WORLD T UESDAY	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, Seasonal Greens, Broccoli, Carrots, Cauliflower and Gravy	Sausage & Sweetcorn Pizza 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	Cheese Quiche with Chips, 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	
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans				
Dessert KS1	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit	Yoghurt & Fruit
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.