Autumn / Winter Menu Week 1

7th & 28th Sep, 19th Oct, 9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

WEEK ONE	PLANET PIZZA MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option	**Wholemeal Pizza**: Margherita or Vegetable Sausage & Sweetcorn with Home-baked Potato Wedges	Chicken Tikka Curry with Mixed Wholegrain & White Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Pork Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Fish Fingers & Chips
Vegetarian Option	Butternut Squash & Tomato Pasta Bake VG	BBQ Vegetables with Mixed Wholegrain & White Rice	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage, Wholewheat Pasta & Bean Bake with Garlic Bread	Cheese Quiche & Chips with Ketchup
Vegetables	Mixed Salad, Broccoli & Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Broccoli & Sweetcorn	Garden Peas, Baked Beans
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Pasta and Jacket Potato Options	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Pasta with Cheese or Tomato & Basil Sauce VG	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans	Pasta with Cheese or Tomato & Basil Sauce VG	Jacket Potato with Cheesy Beans, Tuna Mayo, Cheese, Salmon Mayo, or Beans
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices VG	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.