Autumn / Winter Menu Week 2

14th Sep, 5th & 26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

WEEK TWO	PLANET PIZZA MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY FAVOURITES	FISH FRIDAY
Main Meal Option	Wholemeal Margherita Pizza & Home-baked Potato Wedges	Beef Bolognese with Spaghetti or Wholegrain Penne	Roast Chicken, Gravy Stuffing & Roast Potatoes	Chicken Pie served with Mash Potatoes	Fish Fingers & Chips
Vegetarian Option	Macaroni Cheese	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti VG	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Cheese & oinion rolls	Cheese Quiche & Chips
Vegetables	Broccoli & Sweetcorn	Garden Peas & Carrots	Seasonal Greens & Country Mixed Vegetables	Broccoli, Sweetcorn or Baked Beans	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 or Cheese or Beans
Dessert	Shortbread Biscuit & Fresh Fruit Slices VG	Chocolatey Orange Fudge Cake	Strawberry Jelly with Fresh Fruit Slices VG	Lemon Drizzle Cake & Custard	Chocolatey Oaty Slice VG

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.