Autumn / Winter Menu Week 3

31st Aug, 21st Sep, 12th Oct, 2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

WEEK THREE	PLANET PIZZA MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal Option	**Wholemeal Pizza:** Vegetable or Margherita with Pasta Salad	Minced Beef & Onion Shortcrust Pastry Pie served with Homemade Potato Wedges	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Pork Sausages, Mash & Gravy	Fish Fingers & Chips
Vegetarian Option	Vegetable Pasta Carbonara	Veggie Mince & Vegetable Shortcrust Pastry Pie & Homemade Potato Wedges VG	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Quorn Sausage, Mash & Gravy VG	Crispy Vegetable Fingers & Chips VG
Vegetables	Carrots or Sweetcorn	Carrots & Garden Peas	Seasonal Greens & Country Mixed Vegetables	Sweetcorn, Baked Beans & Broccoli	Garden Peas, Baked Beans
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes and Pasta	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	Chocolatey Cookie VG	Apple Sponge & Custard	Raspberry Jelly VG	Crunchy Biscuit with Fresh Fruit Slices VG	Iced Sponge Cake

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.