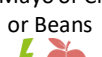




Autumn/Winter Menu Week 1

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

WEEK ONE	MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Main Meal Option 1	Whole-meal Pizza: Peperoni pizza with Home-baked Potato Wedges 	Chicken Tikka Curry with Mixed Wholegrain & White Rice 	Roast Chicken, Gravy, Stuffing Roast Potatoes	Pork Sausage with Mash Potato 	Fish Fingers & Chips
Main Meal Option 2	Whole-meal Pizza: Cheese pizza with Home-baked Potato Wedges 	Vegetable Sausage Jambalaya and Rice VG	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Vegetable Sausage, with Mash Potato 	Cheesy Bean Whole-meal Pitta 
Vegetables	Broccoli & Sweetcorn 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Mixed Salad, Broccoli & Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo, Cheese 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
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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.



Autumn/Winter Menu Week 2

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

WEEK TWO	MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Main Meal Option 1	Whole-meal Peperoni Pizza & Home-baked Potato Wedges 	Beef Bolognese with Spaghetti or Wholegrain Penne 	Roast Gammon, Gravy Stuffing & Roast Potatoes	All Day Breakfast: Pork Sausage, Scrambled Egg, Baked Beans & Herby Potatoes 	Chicken Goujons & Chips
Main Meal Option 2	Whole-meal Margherita Pizza & Home-baked Potato Wedges 	Plant-based Pasta Bolognese with Wholewheat Penne or Spaghetti ^{VG} 	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Macaroni Cheese	Cheese Quiche & Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Garden Peas & Carrots 	Seasonal Greens & Country Mixed Vegetables 	Broccoli & Sweetcorn 	Garden Peas & Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with 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
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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.



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	MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	THURSDAY	FISH FRIDAY
Main Meal Option 1	Whole-meal Pizza: Peperoni with Pasta Salad 	Minced Beef & Onion Short-crust Pastry & Homemade Wedges 	Roast Chicken Gravy, Yorkshire Pudding & Mashed Potato	Pork Sausages, Mash & Gravy	Battered Fish or Fish Fingers & Chips
Main Meal Option 2	Whole-meal Pizza: Vegetable or Margherita with Pasta Salad	Veggie Mince & Vegetable Short-crust Pie with Homemade Potato Wedges	Quorn Grill, Gravy, Yorkshire Pudding & Mashed Potato	Quorn Sausage, Mash & Gravy VG	Quorn Burger & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans & Broccoli 	Carrots & Garden Peas 	Seasonal Greens & Country Mixed Vegetables 	Carrots or Sweetcorn 	Garden Peas, Baked Beans 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with Tuna Mayo or Cheese or Beans 	Jacket Potato with 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
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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.