Autumn/Winter Menu Week 1

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

Available Daily: Pick & Mix Selection, Salad, Fresh Bread, Fresh Fruit & Yoghurt

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	BBQ Chicken, Mixed Wholegrain and White Rice with Carrots & Peas	Chicken Tikka Curry, Mixed Wholegrain and White Rice with Carrots & Peas	Cottage Pie with Seasonal Greens, Broccoli, Carrots, and Cauliflower	**Wholemeal Pizza**: Margherita Pizza with Home-baked Potato Wedges, Broccoli & Sweetcorn	Fish Fingers, Chips with Peas & Baked Beans
Main Meal Option 2	Cheese Quiche with Chips, Peas & Baked Beans	BBQ Vegetables, Mixed Wholegrain & White Rice with Carrots & Peas	Cheese, Potato & Onion Pastry Whirl, with Roast Potatoes, Seasonal Greens, Broccoli, Carrots & Cauliflower	Tomato, Basil &Vegetable Pasta bake with broccoli and sweetcorn	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans
Main Meal Option 3	Jacket Potato with Beans	Cheese Sandwich with Vegetable sticks	Jacket potato with Tuna mayonnaise	Ham Sandwich with Vegetable sticks	Salmon Mayonnaise And Cucumber Wholemeal Baguette
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Orange Jelly & Fresh Fruit Slices VG	Marble Sponge & Custard	Brownie

Portion(s) of fruit or veg | Source of wholegrain | Contains plant-based proteins | 50% fruit | Oily fish | Vegan VG

Our desserts meet Public Health 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.