Autumn/Winter Menu Week 3

2nd & 23rd Nov, 14th Dec, 18th Jan, 8th Feb, 1st & 22nd March

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Pork Sausages, Mash, Broccoli, Sweetcorn & Gravy	Savoury Chicken Shortcrust Pastry Pie with Homemade Potato Wedges, Carrots & Garden Peas	Roast Gammon, Roast Potatoes Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	Margherita Pizza with Pasta Salad, Carrots & Sweetcorn	Battered Fish with Chips, Garden Peas & Baked Beans
Main Meal Option 2	Quorn Sausage, Mash, Broccoli, Sweetcorn & Gravy	Macaroni Cheese with Carrots, Garden Peas & Salad	Quorn Grill, Roast Potatoes, Mixed Vegetables, Seasonal Greens, Yorkshire Pudding & Gravy	Vegetable Pasta Carbonara with Carrots & Sweetcorn	Quorn Burger with Chips, Garden Peas & Baked Beans
Main Meal Option 3	Jacket Potato with Cheese	Cream Cheese, Carrot, Red Pepper & Cucumber Pinwheel Wrap with Carrots & Garden Peas	Jacket potato with Beans	Jacket Potato with Tuna Mayonnaise	Jacket Potato with Cheesy 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

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.