

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	Pork Sausage Roll & Home-baked Potato Wedges	Beef Taco with Corn Tortilla, Tomato Sauce & Sunny Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Tomato & Cheese Pizza & Home-baked Potato Wedges	MSC Fish Fingers & Chips
Vegetarian meal	Macaroni Cheese	Italian Quorn Meatballs served with Pasta ^{VG}	Quorn Grill, Gravy, Stuffing & Roast Potatoes	veggie Sausage in a Bun with Home-baked Potato Wedges ^{VG}	Vegetable Fingers & Chips with Ketchup ^{VG}
Vegetables	Baked Beans /Sweetcorn	Mixed Salad/ Broccoli	Seasonal Greens & Carrots	Garden Peas, Sweetcorn	Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans
Dessert	Vanilla Shortbread ^{VG} & Chocolate Sauce	Chocolate & Pear Crumble & Custard	Strawberry Jelly ^{VG}	Oaty Date Cookie	Chocolate Mousse

Autumn / Winter Menu Week 2

27th Oct, 17th Nov, 8th Dec, 5th Jan, 26th Jan, 16th Feb, 9th March



WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal	Pork Sausage & Mash with Gravy	Beef Pasta Bolognese & Garlic Bread	Roast Gammon, Gravy, Yorkshire Pudding & Roast Potatoes	Margherita Pizza & Home-baked Potato Wedges	MSC Battered Pollock & Chips
Vegetarian Meal	Veggie Sausage & Mash with Gravy ^{VG}	Plant-based Pasta Bolognese & Garlic Bread	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes	Macaroni Cheese	Veggie fish fingers With chips
Vegetables	Broccoli, Sweetcorn or Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Garden Peas, or Sliced Carrots	Garden Peas, Baked Beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans
Dessert	Shortbread Pin Wheels & Fruit Slices ^{VG}	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard	Flapjack ^{VG}	chocolate Mousse

Autumn / Winter Menu Week 3

3rd Nov, 24th Nov, 15th Dec, 12th Jan, 2nd Feb, 23rd Feb, 16th March



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
Main Meal Option 1	Beef Burger with Home-baked Potato Wedges	Mild Chicken Curry served with Mixed Rice	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Margherita Pizza with Home-baked Potato Wedges	MSC Fish Fingers & Chips
vegetarian meal	Vegetable Burger with Home-baked Potato Wedges	Vegetable sausage hotdog Served with home-baked Wedges	Quorn Grill, Gravy, Stuffing & Roast Potatoes	Sweet and sour vegetables & Sunny rice	Cheese & Onion Roll with Chips
Vegetables	Sweetcorn, Baked Beans	Broccoli, Cauliflower & Carrots	Seasonal Greens & Carrots	Broccoli or Sweetcorn	Garden Peas, Baked beans
Baked Jacket Potatoes	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans	Jacket Potato with Tuna Mayo, Cheese or Beans
Dessert	Chocolate Oaty Slice ^{VG}	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls	Vanilla Cookie & Fruit Slices ^{VG}	Iced Sponge Cake with Sprinkles



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.