# Autumn/Winter Menu Week 1

EAT SMART

9th Nov, 30th Nov, 21st Dec, 4th Jan, 25th Jan, 15th Feb, 8th Mar

| WEEK ONE | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|---|---|---|---|---|---|
| **Green Option (Vegetarian)** | Vegetable Sausage and Bean Wholewheat Pasta Bake, Garlic Bread | BBQ Vegetables, Mixed Wholegrain & White Rice with Carrots & Peas | Quorn Grill, Stuffing, Roast Potatoes, Gravy | Butternut Squash and Tomato Pasta Bake | Cheese Quiche with Chips |
| **Red Option (Meat)** | Chicken Sausage and Bean Wholewheat Pasta Bake, Garlic Bread | BBQ Chicken, Mixed Wholegrain and White Rice | Roast Chicken, Stuffing, Roast Potatoes and Gravy | Wholemeal Pizza with Home-baked Potato Wedges | Fish Fingers, with Chips |
| **Blue Option (Halal)** | Chicken Sausage and Bean Wholewheat Pasta Bake, Garlic Bread | BBQ Chicken, Mixed Wholegrain and White Rice | Roast Chicken, Stuffing, Roast Potatoes and Gravy | Wholemeal Margherita Pizza with Home-baked Potato Wedges | Fish Fingers, with Chips |
| **Yellow Option** | Pasta With Cheese Sauce | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Cheese Sandwich | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Pasta with Cheese Sauce |
| **Vegetables (not optional)** | Sweetcorn & Broccoli | Carrots & Peas | Broccoli, Carrots, Cauliflower | Broccoli & Sweetcorn | Peas & Baked 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

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

EAT SMART

26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st Feb, 22nd Feb, 15th Mar

| WEEK TWO | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|---|---|---|---|---|---|
| **Green Option (Vegetarian)** | **All Day Breakfast:** Vegan Quorn Sausage, Scrambled Egg, Herby Potatoes | Plant-based Pasta Bolognese | Sweet Potato and Lentil Roast, Gravy, Stuffing & Roast Potatoes | Cheese, Potato & Onion Pastry Whirl, with Home baked Potato wedges | Wholegrain Mexican Bean Wrap with Chips |
| **Red Option (Meat)** | **All Day Breakfast:** Chicken Sausage, Scrambled Egg, Herby Potatoes | Lamb Bolognese with Wholegrain Penne | Roast Chicken, Stuffing, Roast Potatoes and Gravy | Wholemeal Margherita Pizza with Home-baked Potato Wedges | Fish Fingers, with Chips |
| **Blue Option (Halal)** | **All Day Breakfast:** Chicken Sausage, Scrambled Egg, Herby Potatoes | Lamb Bolognese with Wholegrain Penne | Roast Chicken, Stuffing, Roast Potatoes and Gravy | Wholemeal Margherita Pizza with Home-baked Potato Wedges | Fish Fingers, with Chips |
| **Yellow Option** | Pasta with Cheese Sauce | Jacket potato with Beans, Tuna Mayo or Cheese or Beans | Cheese Sandwich | Jacket Potato with Beans, Tuna Mayo or Cheese or Beans | Pasta with Cheese Sauce |
| **Vegetables (not optional)** | Broccoli, Sweetcorn & Baked Beans | Garden Peas & Carrots | Broccoli, Carrots, Cauliflower | Broccoli & Sweetcorn | Peas & Baked Beans |
| **Dessert** | Shortbread Biscuit & Fresh Fruit Slices VG | Chocolatey Orange Fudge Cake | Strawberry Jelly with Fresh Fruit Slices | 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

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

EAT SMART

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

| WEEK THREE | FAVOURITES MONDAY | WORLD TUESDAY | ROAST WEDNESDAY | PIZZA PARTY THURSDAY | FISH FRIDAY |
|---|---|---|---|---|---|
| **Green Option (Vegetarian)** | Quorn Sausage, Mash & Gravy VG | Veggie Mince Shortcrust Pastry Pie & Homemade Potato Wedges | Vegetable and Lentil Keema Puff Pastry Slice with Roast Potatoes & Gravy | Roasted Butternut and Lentil Loaf in a Tomato Sauce with Yellow Mixed Rice | Crispy Vegetable Fingers with Chips |
| **Red Option (Meat)** | Chicken Sausages, Mash & Gravy | Minced Lamb & Onion Shortcrust Pastry Pie with Homemade Potato Wedges | Roast Chicken, Yorkshire Pudding & Gravy | Margherita Pizza with Pasta Salad | Battered Fish with Chips |
| **Blue Option (Halal)** | Chicken Sausages, Mash &Gravy | Minced Lamb & Onion Shortcrust Pastry Pie with Homemade Potato Wedges | Roast Chicken, Yorkshire Pudding & Gravy | Margherita Pizza with Pasta Salad | Battered Fish with Chips |
| **Yellow Option** | Cheesy pasta | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Cheese Sandwich | Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans | Cheesy pasta |
| **Vegetables (not optional)** | Broccoli & Sweetcorn | Carrots & Garden Peas | Mixed Vegetables | Carrots & Sweetcorn | Garden Peas & Baked 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.