



















# Autumn/Winter Menu **Week 3**

W/C – 3<sup>rd</sup> & 24<sup>th</sup> Nov, 15<sup>th</sup> Dec, 5<sup>th</sup> & 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> & 30<sup>th</sup> Mar



WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PIZZA PARTY THURSDAY	FISH FRIDAY
<b>Main Meal Option 1</b>	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
<b>Main Meal Option 2</b>	Vegetable Burger with Home-Baked Potato Wedges <sup>VG</sup> 	Vegetable Sausage Hotdog served with Home-Baked Wedges 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Boston BBQ Five Bean Stew with Sunny Rice 	Cheese & Onion Roll with Chips
<b>Vegetables</b>	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	Selection of Seasonal Vegetables 	British Red Tractor Garden Peas, Baked Beans 
<b>Baked Jacket Potatoes</b>	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 
<b>Dessert</b>	Chocolate Oaty Slice <sup>VG</sup>	Syrup Sponge Pudding & Custard	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices <sup>VG</sup> 	Iced Sponge Cake

Available Daily: Choice of Seasonal Fruit

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.