

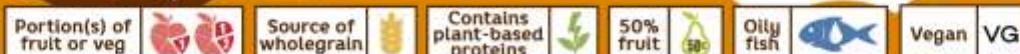
Autumn/Winter Menu Week 3



3rd & 24th Nov, 15th Dec, 12th Jan, 2nd & 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 Gammon, Gravy, Stuffing & Mashed Potatoes	Margherita Pizza with Home-baked Potato Wedges 	MSC Fish Fingers & Chips
Main Meal Option 2	Vegetable Burger with Home-baked Potato Wedges VG 	Spinach & Sweet Potato Curry VG 	Quorn Grill, Gravy, Stuffing & Mashed Potatoes 	Boston BBQ Five Bean Stew with Sunny Rice 	Crispy Vegetable Fingers & Chips VG
Halal Option	Beef Burger with Home-baked Potato Wedges	Halal Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy Stuffing & Mashed Potatoes	Margherita Pizza with Home-baked Potato Wedges 	
Vegetables	Sweetcorn, Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	British Red Tractor Garden Peas, Baked Beans
Baked Jacket Potatoes	Tomato & Basil Pasta	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Jacket Potato with Cheesy Beans, Tuna Mayo or Cheese or Beans 	Tomato & Basil Pasta	Jacket Potato with Cheesy Beans, Tuna Mayo or 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

Available Daily: Salad, Fresh Bread, Fresh Fruit & Yoghurt



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.