




















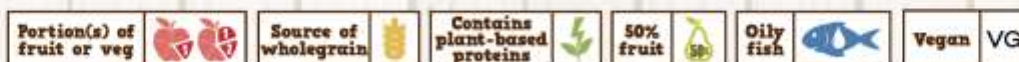
EAT SMART

Autumn/Winter Menu Week 2

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

WEEK TWO	PIZZA PARTY MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Chicken Sausage & Mash with Gravy	Chicken Goujons & Chips
Halal Option	Wholemeal Margherita Pizza & Home-baked Potato Wedges 	Halal Red Tractor Beef Pasta Bolognese & Garlic Bread 	Halal Roast Chicken, Gravy, Yorkshire Pudding & Roast Potatoes	Halal Chicken Sausage & Mash with Gravy 	Halal Chicken Goujons
Vegetarian Option	Macaroni Cheese	Plant-based Pasta Bolognese & Garlic Bread 	Quorn Grill, Gravy, Yorkshire Pudding & Roast Potatoes 	Veggie Sausage & Mash with Gravy ^{VG} 	Cheese Flan & Chips
Vegetables	Broccoli, Sweetcorn or Baked Beans 	Broccoli, Cauliflower & Carrots 	Seasonal Greens & Carrots 	British Red Tractor Garden Peas, or Sliced Carrots 	British Red Tractor Garden Peas, Baked Beans 
Baked Jacket Potatoes	Cheese Sandwich	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 	Tomato & Basil Pasta
Dessert	Shortbread Pin Wheels & Fruit Slices ^{VG} 	Chocolate Fudge Cake	Apple Crumble ^{VG} & Custard 	Flapjack ^{VG}	Chocolate Mousse

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.