


























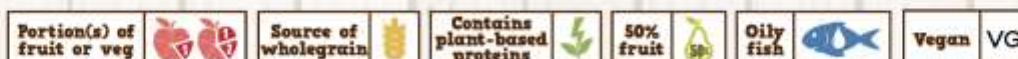
EAT SMART

Autumn/Winter Menu Week 3

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

WEEK THREE	PIZZA PARTY MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	FAVOURITES THURSDAY	FISH FRIDAY
Main Meal Option	Margherita Pizza with Home-baked Potato Wedges 	Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy, Stuffing & Roast Potatoes	Beef Burger with Home-baked Potato Wedges	MSC Fish Fingers & Chips
Halal Option	Margherita Pizza with Home-baked Potato Wedges 	Halal Mild Chicken Curry served with Mixed Rice 	Roast Chicken, Gravy Stuffing & Roast Potatoes	Beef Burger with Home-baked Potato Wedges	
Vegetarian Option	Cheese & Onion Pastry Roll & Home-baked Potato Wedges	Spinach & Sweet Potato Curry ^{VG}   	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Vegetable Burger with Home-baked Potato Wedges ^{VG} 	Crispy Vegetable Fingers & Chips ^{VG}
Vegetables	Sweetcorn, Baked Beans  	Broccoli, Cauliflower & Carrots   	Seasonal Greens & Carrots 	Broccoli or Sweetcorn 	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	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.