EAT SMART

Autumn/Winter Menu Week 1

9th & 30th Nov, 21st Dec, 4th & 25th Jan, 15th Feb, 8th & 29th March

WEEK ONE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal	Pork Sausage and Bean Pasta Bake served with Garlic Bread & Seasonal Vegetables	BBQ Chicken with Mixed Wholegrain and White Rice & Seasonal Vegetables	Roast Chicken & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Sausage & Sweetcorn Pizza served with Baked Potato Wedges & Seasonal Vegetables	Fish Fingers & Chips served with Seasonal Vegetables & Baked Beans
Vegetarian Main Meal	Vegetable Sausage and Bean Pasta Bake served with Garlic Bread & Seasonal Vegetables	BBQ Vegetables with Mixed Wholegrain and White Rice & Seasonal Vegetables	Quorn Grill & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Margherita Pizza served with Baked Potato Wedges & Seasonal Vegetables	Cheesy Bean Wholemeal Pitta with Peas & Baked Beans
Pasta	Tomato & Basil Pasta VG	Cheese Pasta	Cheese Pasta	Tomato & Basil Pasta VG	Cheese Pasta
Baked Jacket Potatoes	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, Cheese, Salmon Mayo, or Beans
Dessert	Chocolatey Cornflake Crispy Cake VG	Gingerbread Cookie & Fresh Fruit Slices	Fruit Jelly & Fresh Fruit Slices VG	Marble Sponge & Custard	Chocolate 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.

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Autumn/Winter Menu Week 2

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

WEEK TWO	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal	**All Day Breakfast:** Pork Sausage, Scrambled Egg & Herby Potatoes with Seasonal Vegetables & Baked Beans	Spaghetti Bolognese with Seasonal Vegetables	Roast Gammon & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy	Mixed Vegetable Pizza with Baked Potato Wedges & Seasonal Vegetables	Fish Fingers & Chips served with Seasonal Vegetables & Baked Beans
Vegetarian Main Meal	**All Day Breakfast:** Vegan Quorn Sausage, Scrambled Egg & Herby Potatoes served with Seasonal Vegetables & Baked Beans	Plant-based Spaghetti Bolognese with Seasonal Vegetables VG	Quorn Grill & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables and Gravy	Margherita Pizza with Baked Potato Wedges & Seasonal Vegetables	Crispy Vegetable Fingers & Chips served with Seasonal Vegetables & Baked Beans VG
Pasta	Tomato & Basil Pasta VG	Cheese Pasta	Cheese Pasta	Tomato & Basil Pasta VG	Cheese Pasta
Baked Jacket Potatoes	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
Dessert	Shortbread Biscuit & Fresh Fruit Slices VG	Chocolatey Orange Fudge Cake	Fruit Jelly with Fresh Fruit Slices VG	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.

EAT SMART

Autumn/Winter Menu Week 3

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

WEEK THREE	FAVOURITES MONDAY	WORLD TUESDAY	ROAST WEDNESDAY	PLANET PIZZA THURSDAY	FISH FRIDAY
Main Meal	Pork Sausages with Mashed Potato, Seasonal Vegetables & Gravy	Savoury Chicken Shortcrust Pastry Pie with Baked Potato Wedges and Seasonal Vegetables	Roast Chicken & Yorkshire Pudding served with Roast Potatoes, Seasonal Vegetables & Gravy	Sausage & Sweetcorn Pizza served with Baked Potato Wedges & Seasonal Vegetables	Fish Fingers & Chips served with Seasonal Vegetables & Baked Beans
Vegetarian Main Meal	Quorn Sausage with Mashed Potato, Seasonal Vegetables & Gravy VG	Macaroni Cheese with Seasonal Vegetables	Quorn Grill & Stuffing served with Roast Potatoes, Seasonal Vegetables and Gravy	Margherita Pizza with Baked Potato Wedges & Seasonal Vegetables	Quorn Burger & Chips served with Seasonal Vegetables & Baked Beans
Pasta	Cheese Pasta	Tomato & Basil Pasta VG	Cheese Pasta	Tomato & Basil Pasta VG	Cheese Pasta
Baked Jacket Potatoes	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
Dessert	Chocolatey Cookie VG	Apple Sponge & Custard	Fruit Jelly with Fresh Fruit Slices 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.