
















# Week One – 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> Feb.

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt



V35523

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option 1 (& Halal Equivalent where Required)	Cheese & Tomato Pizza with Tomato Pasta Salad 	Tractor Pork Sausage Roll with Skin on Baked Potato Wedges	Roast Chicken with Stuffing & Roast Potatoes 	Red Tractor Beef Pasta Bolognese & Garlic Bread 	MSC Fish Fingers & Chips
Option Two	Tomato, Baked Bean & Spiral Pasta Bake 	Cheese & Onion Pastry Roll with Skin on Baked Wedges 	Quorn Sausage with Gravy, Stuffing & Roast Potatoes 	Cheese Flan with Skin on Baked Potato Wedges 	Crispy Vegetable Fingers & Chips
Vegetables	Broccoli/Cauliflower & Carrots, Sweetcorn 	Red Tractor British Peas, Baked Beans 	Broccoli/Cauliflower & Carrots 	Broccoli, Carrots & Cauliflower Sweetcorn 	Baked Beans British Red Tractor Garden Peas 
Sandwiches, Rice & Pasta	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Tomato & Basil Sauce				
Baked Jacket Potatoes	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Cheesy Beans, Tuna Mayonnaise, Salmon Mayonnaise or Cheese or Beans 
Homemade Dessert	Chocolate Mousse and Orange Smiles 	Homemade Jam Buns & Custard	'Hidden Fruit' Chocolate, (Beetroot & Pear) Brownie	Fruity Strawberry Jelly & Mandarin Segments (New Homemade)	New Homemade Vanilla & Cherry Cookie Cup & Custard 

Portion(s) of fruit or veg 

Source of wholegrain 

Contains plant-based proteins 

50% fruit 

Oily fish 

**Our desserts meet Public Health 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.



# Week Two – 18<sup>th</sup> Nov, 9<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb.

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option 1</b> (& Halal Equivalent where Required)	<b>Cheese &amp; Tomato Pizza with Tomato Pasta Salad</b> 	<b>Red Tractor Pork Sausage with Mashed Potatoes &amp; Gravy</b>	<b>Roast Chicken with Yorkshire Pudding &amp; Roast Potato</b>	<b>Garlic &amp; Tomato Chicken Pasta Spirals</b> 	<b>MSC Fish Fingers &amp; Chips</b>
<b>Option Two</b>	<b>Potato, Spinach &amp; Cheese Toasted Wrap</b> with homemade salsa 	<b>Plant Based Sausage with Mashed Potatoes &amp; Gravy</b> 	<b>Quorn Sausage with Gravy, Yorkshire Pudding &amp; Roast Potatoes</b>	<b>Garlic &amp; Tomato Chicken Pasta Spirals</b> 	<b>Crispy Vegetable Fingers &amp; Chips</b> 
<b>Vegetables</b>	<b>Baked Beans or British Red Tractor Garden Peas</b> 	<b>Broccoli/Cauliflower &amp; Carrots</b> 	<b>Broccoli/Cauliflower &amp; Carrots, Sweetcorn</b> 	<b>Broccoli/Cauliflower &amp; Carrots</b> 	<b>Baked Beans, British Red Tractor Garden Peas</b> 
<b>Sandwiches, Rice &amp; Pasta</b>	<b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Tomato &amp; Basil Sauce</b>				
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>
<b>Homemade Dessert</b>	<b>Apple &amp; Sultana Crumble Bar with Custard</b> 	<b>Iced Carrot Cake &amp; Orange Slices</b> 	<b>Chocolate Shortbread/Pinwheels with Chocolate Sauce</b>	<b>Toffee Cream Tart</b>	<b>Chocolate Oaty Slice</b>

Portion(s) of fruit or veg



Source of wholegrain



Contains plant-based proteins



50% fruit



Oily fish



**Our desserts meet Public Health England's target for 'free sugar' intake for your child.**













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# Week Three – 4<sup>th</sup> Nov, 25<sup>th</sup> Nov, 16<sup>th</sup> Dec, 6<sup>th</sup> Jan, 27<sup>th</sup> Jan

Available Daily: Pick & Mix Selection, Fresh Bread, Fresh Fruit & Yoghurt



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal Option 1</b> (& Halal Equivalent where Required)	<b>Cheese &amp; Tomato Pizza with Tomato Pasta Salad</b>	<b>Beef Lasagne with Garlic &amp; Tomato Bread</b> 	<b>Chicken in Gravy with Stuffing With Roast Potatoes</b>	<b>Beef &amp; Potato Pie with Mash or Skin on Potato Wedges</b> ½ portion	<b>MSC Fish Fingers &amp; Chips</b>
<b>Option Two</b>	<b>Cheesy Pasta Spirals with Pizza Style Topping</b> 	<b>Vegetable Lasagne with Garlic &amp; Tomato Bread</b> 	<b>Quorn Sausage with Gravy, Stuffing &amp; Roast Potatoes</b> 	<b>Cheese, Onion &amp; Potato Pie with Mash or Skin on Potato Wedges</b> ½ portion 	<b>Cheese &amp; Onion Pastry Roll</b>
<b>Vegetables</b>	<b>Broccoli/Cauliflower &amp; Carrots &amp; Sweetcorn</b> 	<b>Sweetcorn &amp; Carrots</b> 	<b>Broccoli/Cauliflower &amp; Carrots</b> 	<b>Baked Beans, British Red Tractor Garden Peas</b> 	<b>Baked Beans, British Red Tractor Garden Peas</b> 
<b>Sandwiches, Rice &amp; Pasta</b>	<b>Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham Pasta with Cheese or Tomato &amp; Basil Sauce</b>				
<b>Baked Jacket Potatoes</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>	<b>Jacket Potato with Cheesy Beans, Tuna Mayonnaise or Cheese or Beans</b>
<b>Homemade Dessert</b>	<b>Lemon Cupcake with Fruit Slices</b> 	<b>Chocolate Cookie &amp; Orange Wedges</b> 	<b>Chocolate Crunch 'Concrete' &amp; Chocolate Sauce or Pink Custard</b>	<b>Strawberry Mousse</b>	<b>Lemon Drizzle Cake With Custard</b>

Portion(s) of fruit or veg 

Source of wholegrain 

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50% fruit 

Oily fish 

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