








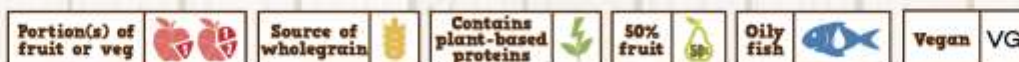
EAT SMART

Autumn/Winter Menu Week 3

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

WEEK THREE	FAVOURITES MONDAY	PIZZA PARTY TUESDAY	ROAST WEDNESDAY	WORLD THURSDAY	FISH FRIDAY
Main Meal Option	Beef Burger with Home-baked Potato Wedges 	Margherita Pizza with Home-baked Potato Wedges 	Roast Chicken, Gravy, Stuffing & Roast Potatoes 	Mild Chicken Curry served with Mixed Rice 	MSC Fish Fingers & Chips 
Vegetarian Option	Vegetable Burger with Home-baked Potato Wedges 	Boston BBQ Five Bean Stew with Sunny Rice 	Quorn Grill, Gravy, Stuffing & Roast Potatoes 	Spinach & Sweet Potato Curry ^{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 
Sandwiches	Freshly Made Sandwich with Cheddar, Tuna Mayonnaise or Ham				
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	Chocolate Oaty Slice ^{VG} 	Syrup Sponge Pudding 	Apple & Cinnamon Rolls 	Vanilla Cookie & Fruit Slices ^{VG} 	Vanilla Ice Cream 

Available Daily: Pick & Mix Selection, 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.